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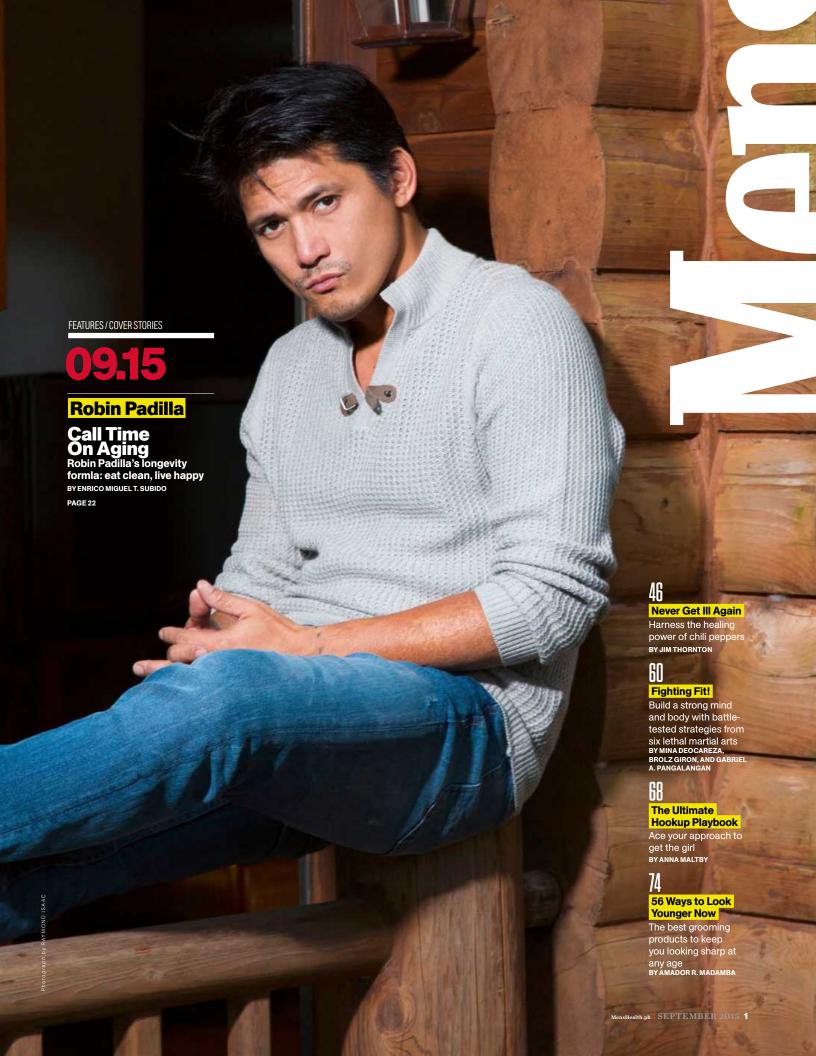












Men's Health 09.15



THIS MONTH: STRIKE HARD, SCORE HIGH ON HER CARD, HORSE MEAT POWER, HAVE A WINNING MINDSET, FLY STEADY





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# **Bad Boy, Great Man**

You are a vain person.

See, a recent Microsoft study claims our attention spans these days are limited to eight whopping seconds. So I had to catch your attention right away. The next trick is to sustain it, which I hope to do. Has it been eight seconds already?

I'd like to believe I'm not a vain man. I mean, I follow the grooming routine of the one and only Robin Padilla, who happens to be our cover guy this month. He tells me around six years ago in his second cover shoot, "Wala akong ginagamit sa mukha ko, ni sabon. Ang number one rule lang, pilitin mo namang matulog nang nakapaghilamos ka man lang." And look at us now. I kid, just look at him. The poster boy for all things machismo in the '90s turns 45 this November, and yet you can hardly spot signs of aging especially on his face. But that's not the only thing that makes him the quintessential man's man.

During this cover shoot, middle-aged men howled "Idol!" soon as they saw Robin. And it's no secret why. To this day, the man walks with, for lack of a better word, swagger. For those of us who grew up watching the guy on the big screen, he is the epitome of what "tunay na lalake" is and should be.

A confession: I started smoking because of

Robin Padilla, emulating even the way he holds his cigarette, down to the squint as he blows out smoke. He drank, too, with no trace of a beer gut. And he always got the girls. It's the type of man an impressionable teen back then would idolize. And the effects of such idolatry resonate to the present.

Unfortunately, there remains a particularly disturbing aspect of macho culture, inferred from the examples of the past Pinoy action heroes we idolized, that treat working out as an exercise (no pun intended) of vanity. And we've heard worse things said about men having elaborate grooming rituals and trendy stylepieces.

But it's 2015, gentlemen. Look around and you see younger men trying their best to look good—hitting the gym regularly, eating clean, rocking them knee-high shorts and loafers, and cleaning up their hairstyles. Even Padilla himself has long made a complete 180 from his previously reckless lifestyle—swapping beer and fatty food with water and organic *kamote* that he grew in his own backyard (the only things he drank and ate when we shot this cover). The bad boy sets some new rules to be better men, and you'll find them on p.22.

In the eyes of some people, soon as you picked this magazine up and stayed past the eight seconds of your regular attention span

to read this (thanks, by the way), you and I are undeniably vain. You and I care about how we look. But there's a better way of looking at the grind that we do—finding ways to be healthy and fit despite the many things that demand our attention. You and I care about how we live. Where we'd rather have better odds at enjoying an active life than a wheel chair-bound one in our old age.

You are vain. I am vain. And we're perfectly fine. We'll live

#### **Omar**



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# TELL MEN'S HEALTH®

# Our Readers Fire Back...

#### Off the MH Wall:

Since it's the MH Grooming Awards issue, we asked: What grooming product do you deem a necessity?

Deodorant **Phil Filomeno** 

Oil-control facial wash **Wayne Tulio** 

Cologne **Diego Mendez** 

Anti-dandruff shampoo **Shane Tolentino** 



Hair wax! Leo De Jesus

Sensitive teeth toothpaste Tito San Diego



Deo body spray Wilson Vergel



# TRANSFORMATION IN MIND

Starting adult life with my new fitness buddy. Thanks @menshealthph

-Jasper Salceda via Twitter

#### ON TO NEW PASSIONS

Many of my friends know that I'm a true magazine reader. I started with K-Zone back when I was a kid (I never missed an issue!) until I started reading FHM in high school and Esquire in college. I'm also now reading Men's Health since I started going to the gym.

The common denominator of all these mags: They're published by Summit Media, which is now celebrating their 20th anniversary. Thank you for helping fuel my passion not just for reading but also in writing.

-Juju Baluyot via Instagram

One thing's for sure, we will continue to provide you all info you need for your fitness and health goals! - Eds.



#### **BNO LOVE**

Napagod si Jojo sa push-ups! Congrats to our very own Sam YG, Ashley and Maika for being on @menshealthPH

-Dj Tony Toni via Instagram

# ONE QUESTION

Hi! Ask ko lang po, matagal na sana ito. Ba't nagpalit kayo from "100 Percent Useful" tag? ngayon "You, Improved" na? Thanks!

-Anthony Mijares via Twitter

Our content will always be 100 percent useful but we want to apply the tips just like we encourage our readers to do! Cheers to constant improvement! - Eds

#### **EMPOWERED** READER

Just grabbed a copy of the May issue of Men's Health. Loaded with empowering, entertaining, informative, and interactive sections, it's 100 percent useful right away!

-Christian Aaron Bondoc via Instagram



#### Next Month on Men's Health

MH SPECIAL

#### The Best Running Kicks in 2015

We road test the latest running shoes

#### NUTRITION

#### Load Up on Greens

Hacks to get more veggies in your meals

#### **FITNESS**

#### The Ultimate **Push-up routine**

Are you ready for this body blast challenge?

#### **STYLE**

# Bring Back Your Swag

Dress to impress everyday with our tips



o here you are. It's crunch time. It's the eve of a big night that you know you should have prepared for earlier, but didn't. For whatever reason, you're left with just a few hours to look and feel your absolute best. Whether it's something as important as a formal event for work or as trivial as a date with your significant other, it's still a chance to shine. And you're determined to come up correct. Strip your prep regimen down to the essentials and get started. Here's how you can make it in time and show up well-groomed.

#### **1. SHAVE AND SHINE**

A good shave is one of the core grooming practices that a man must remember before a big night. Make no mistake: it doesn't mean you have to be clean-shaven all the time. You can rock facial hair to a formal event or a night out-granted that it's well maintained. Nothing says sloppy like unkempt facial hair.

#### 2. MIND THE SKINCARE

Moisturizing and attending to your skin is still an essential grooming practice that you can squeeze into your last minute prep. Choose a light, but fast-acting lotion and a restorative soap to make sure that your bath before the big night goes a long way.

#### 3. SCRUB THE OIL AWAY

Don't skip the facial wash! Scrub your mug down with a good lather to control oiliness. Even a quick scrub from the right stuff can get rid of the sweat and oil from a long and tiring day, keeping your face looking fresh and bright throughout your big night. Steam your pores open first for maximum effect!

#### 4. CHOOSE A SIGNATURE SCENT

Make and leave an impression with a scent that's just right-nothing overpowering. In fact, choosing a goodsmelling deodorant is enough to boost your olfactory appeal—there's no actual need for fancy colognes.

#### **FRESHEN UP**



#### WHITENING SOAP

The whitening action of Kojic Acid and Glycolic Acid with Pea Extract and Shea Butter to help restore healthier, clearer, softer, and smoother skin.



**BODY LOTION** 

A light lotion with CellActive-Men that restores skin elasticity



**FACIAL WASH** 

A facial scrub that contains Koiic Acid. keeping skin bright and free of oil



#### **KOJIE SAN MEN BODYWASH**

A good body wash serves more than one purpose. kojie•san Body Wash is the perfect shower buddy to clean and nourish skin.

## WHAT'S IN A SCRUB?

A quick rundown of the ingredients in koiie•sanlmen

Japan, Kojic Acid is a by-product of Koji or Malted Rice. Kojic Acid is known for its

**KOJIC ACID GLYCOLIC ACID** An acid found in Discovered in sugar-crops and used to reduce skin discoloration, such as sun or age spots. It's also whitening effect known to help and antioxidant with other skin properties. conditions.

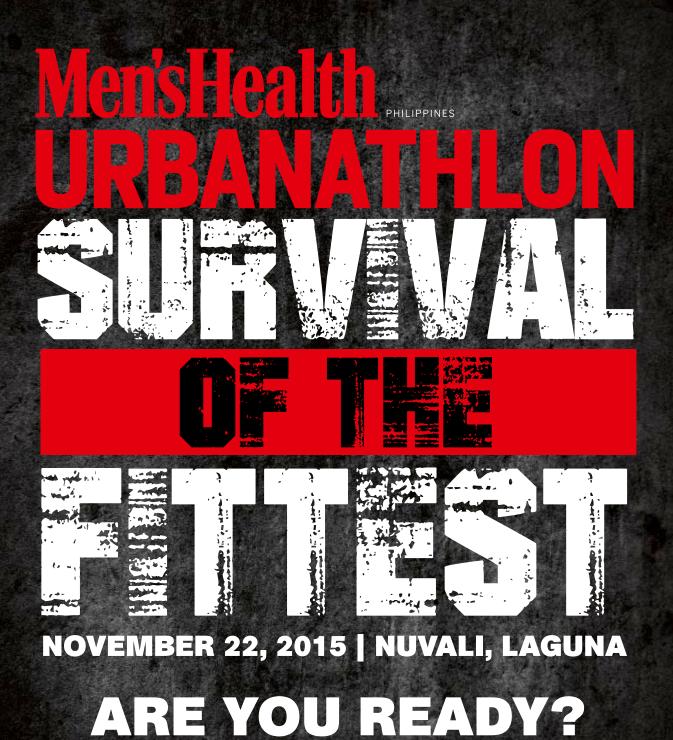
**SHEA BUTTER** An extract of the

nut of the African shea tree, used as a moisturizer or a salve. It dates as far back as Ancient Egypt as protection against the sun and harsh winds.

**PEA EXTRACT** A botanical extract from the seeds of peas. It keeps enzymes from degrading collagen and elastin, ultimately keeping skin firm, stretchy,

and supple.

# THE ULTIMATE OBSTACLE RACE IS BACK, AND IT'S TOUGHER THAN EVER.



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YOUR QUESTIONS ON

- ●HEALTH, ●SEX,
- NUTRITION,
- FITNESS, &
- •WEIGHT-LOSS



Portion of men who took five or fewer vacation days last year, which could increase their chances

# **Men'sHealth** BRTS.

**HEALTH** 



# **MY PROBLEM SOLVING SKILLS ARE FAILING ME. OLD AGE?**

Juan, via e-mail

aybe you just lack practice, especially if you're always glued to your phone. Relying too heavily on search engines could mess with your mind. In a Canadian study, people who spent 20 minutes or more a day googling information on their smartphones performed up to 19 percent worse on cognitive tests than those who used their devices less. "Problem solving is a complex innate ability of the brain, and no phone can duplicate that," says Lex Castillo, M.D., an assistant professor at the University of the East Ramon Magsaysay. So drop the phone and use your noggin for what it's made for!



#### **ERASE YOUR AGE**

#### The Youth Serum

Eating a serving or two of leafy greens every day may slow your rate of cognitive decline to that of someone 11 years younger, according to new research from Chicago's Rush University.

How to Take It Munch on spinach, kale, and collard greens for their folate, beta-carotene, vitamin K, and lutein, which can protect your brain, says study author Martha Clare Morris, Sc.D.



#### **DRIVE AWAY STROKES**

More reason to be a man with a plan:

#### Having a sense of purpose in life can lower your risk of brain tissue damage,

reports a recent study in the journal Stroke. Researchers found that people who felt their lives had meaning were roughly half as likely to have suffered macroscopic infarctssmall areas of dead brain tissue caused by blocked bloodflow. But don't rely on a purposeful outlook alone. "Vices and a poor diet can raise your risk of stroke, no matter what your outlook is," warns Dr. Castillo.



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Portion of women who say they're more likely to have sex with their partner if the sheets are clean. Source: Fraoflex Survey

# **Men's Health**

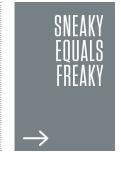
SEX



#### PAINT PIMP

Fifty three percent of women say the men they dig drive black cars, according to an Insure.com study. "Black is subtle and shows that a guy doesn't need a flashy colored car to get your attention," says TopGear Philippines Editorial Assistant Elaine Lara.





Your odds of having wild sex in a strange place are better if she feels it's somewhere private, according to a new study by the Journal of Sexual Medicine. So invite her on a hike, and let the real adventure begin.



MAHALAGANG PAALALA: ANG ROBUST AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.



Tired of dull moments with your partner? No need to worry because you can assure a fun and exciting night with your partner, just take Robust!

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ortion of recreational water-related deaths that Source: Churchill Downs Incorporated

#### **DON'T SLEEP** WITH THE **FISHES-EAT THEM**

"Fish is a great source of protein and the best source of omega fatty acids," says Dick Franco, a professor of Culinary Arts in Letran College. As a plus, a Chinese study suggests that

#### consuming fish may help protect you from

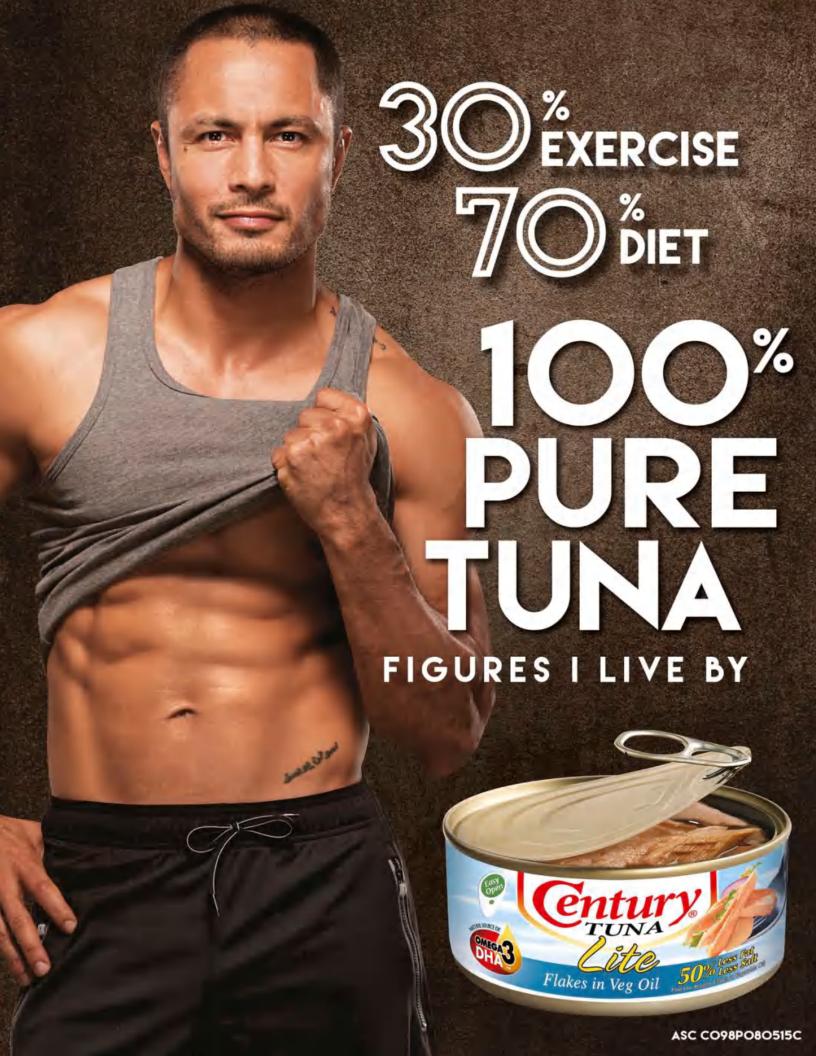
liver cancer. People who ate the most fish had an 18 percent lower risk of liver cancer than those who ate the least. For every serving of fish you eat per week, you may net a 6 percent decrease in your liver cancer risk.



Term Organosulfur compounds What They Do Stave off stomach cancer **How to Eat More** 

Choose foods in the allium family, such as onions, garlic, leeks, or shallots. People who ate about two onions a week had a 41 percent reduction in their stomach cancer risk. an Italian study found. Slice a few onions and cook them with a bit of oil on medium low, stirring frequently, until caramelized. Then use them to top sweet potatoes, steak, or pizza. Or stir them into sour cream for French onion dip.





Portion of men who skip exercise on any given day. ource: U.S. Bureau of Labor Statistics





Old Rule Doing low-intensity "filler" exercises between sets of other lifts-jumping rope during rest periods for the bench press, for examplecan accelerate your gains without compromising your performance.

New Rule Take a load off. Sitting for two to five minutes between sets may help you recover faster and more completely, allowing you to put more effort into each rep, say scientists at the University of Utah.



#### **MAKE SOME WAVES**

"Using battling ropes really works your core and arms, developing power and explosiveness in those areas," says Ybañez. It can also make your metabolism skyrocket, according to a new study from the University of Minnesota. Researchers found that using battling ropes for just 10 minutes can burn about 150 calories, putting it at par with other popular metabolic training tools, such as kettlebells. Try it: Grab an end of the rope in each hand and begin making up-anddown waves. Go for 15 seconds and rest for 45 seconds. Do this for 10 sets.



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#### **BLAST FAT** IN 3, 2, 1...

Leave it all at the finish line: You only have to run 5K a week to burn fat, report Danish researchers. Runners who logged at least 3.1 miles a week lost an average of 4 pounds after a year-that's without any diet changes. To up the weight loss: stick to a diet plan. "It will serve as your guide on your calorie intake per day. Follow it strictly and vou'll reach vour goal." says Ferrer. True enough, those who also cut back on soda, snacks, and junk food shed up to 12 pounds.



#### The Finding

Refrigerating rice can save you calories. Scientists in Sri Lanka say when rice is cooked with coconut oil and cooled, its concentration of resistant starch rises more than tenfold. This carb isn't easily broken down, so more of it could mean fewer calories-up to 60 percent less. preliminary research suggests. Apply It: Use package directions to cook rice, adding 1 tsp coconut oil per 1/2 cup of uncooked rice. For the full benefit, let it simmer for 40 minutes and cool 12 hours. Reheat and serve.





























# THINK OF THE PROTOTYPICAL FILIPINO BAD-BOY ANTIHERO, AND IT'S LIKELY YOU'LL CONJURE UP THE IMAGE OF A SMIRKING ROBIN PADILLA.

Many of his most famous on-screen roles are easily remembered, and even easier to sympathize with: Always the downtrodden fighter who gets stomped on, he combats oppression and bounces back a better version of himself. Such clear characterization has been this action star's bread and butter throughout his career. In real life, he's not much different.

Padilla has risen to numerous challenges thrown at him and fought back to enjoy varying degrees of success, demonstrating a genuine, high level of grit. From dealing with the murder of his father at a tender age, to spending a few years behind bars for illegal possession of firearms, he has overcome major hurdles and grown wiser from trying encounters that would have otherwise left a weaker man emotionally crippled.







Growing up, which TV character did you idolize and imagine vourself as the most? "TJ Hooker.

What's your favorite halal dish? "Kebab."

Favorite vegetable? "Beets. Sa kalagayan ko, yun ang pinakamaganda."

When in the bedroom, lights on or off? "Lights on, sivempre!"

But as he has done through all these previous challenges, he is now called upon to summon the real bad boy who will lead a revolution for the betterment of society. Now less focused on career achievement and material measures of accomplishment, he is devoted to enrich the lives of his fellow man through his advocacies. And with healthy living at the center of Padilla's new battle, he is convinced that the following mindset provides the appropriate ammo for positive change: "Ang mahalaga para sa lahat ay ang magbalik ang tao sa sinasabing pinagmulan niya. Which is: Kailangan niyang magluto."

#### **ORGANICALLY INEVITABLE**

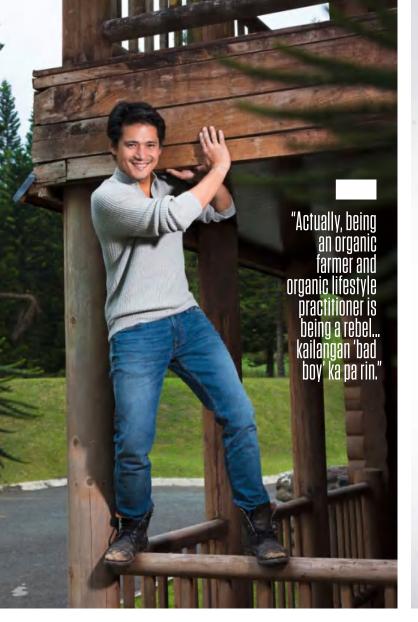
The kitchen, traditionally identified as the exclusive domain of women, is the most unlikely place you'd expect "bad boy" Robin Padilla to launch his revolution. In his case, however, the saying "real men cook" couldn't be more appropriate.

Padilla harks back to simpler times, when households lived off the land, independently growing and raising produce without using chemicals, pesticides, radiation, or any artificial means—a time when fast food wasn't the default meal choice for the average Filipino. There is a certain rawness associated with cooking and food preparation, much like how our hunter-gatherer ancestors lived day to day. In that light, the kitchen is a pretty damn manly place.

These days, Padilla is the most conscious he has ever been about the food he eats. Focused more on nutritional quality than just filling his belly, he regards clean eating as a preventive measure that will influence your life for the better. "Kasi maraming tao ngayon, nagtitipid sa pagkain," he observes. "Fast food na lang para may pang toma sa Sabado.' Ang mangyayari diyan, mag-a-accumulate ka ng basura sa katawan mo, tapos iinuman mo pa. Kailan ka pa magi-invest sa sarili mo-kapag may sakit ka na? Late na yun."

Likewise, he is devoted to the cause of informing Filipinos that what they ingest on a regular basis is more harmful than they think. Acknowledging that as a celebrity and person of influence at the forefront of this modern counter-culture, Padilla is dead set on preaching the Gospel According to Green and playing an active role in making Filipinos healthier eaters.

"Darating ang araw talaga, hahanapin ng tao ang healthy, Pag dating nun, dapat may mga tao nang nauna. Sino ba dapat ang magsimula? Siyempre dapat kami, na binigyan ng maliit na kapangyarihan para mag-influence sa mga tao," he says. "Saan mo gagamitin ang influence mo sa media kung sasama ka lang sa flow [ng status quo]? Kailangan magamit yung kasikatan na yan at ang influence para ma-guide mo na rin yung mga naniniwala sa'yo."





A quick look at Philippine history will show that our people have encountered numerous forms of subjugation. Padilla has identified that this continues to happen, demonstrated by the poor access to clean, quality food among many Filipinos. It's clear he wants to fight the oppression presented by bad food choices and spark change for the better.

"Actually, being an organic farmer and organic lifestyle practitioner is being a rebel, because you are rebelling against huge multinationals that produce harmful genetically modified foods," he points out. "Sila ang naghahari, eh. Kaya kailangan 'bad boy' ka parin. Dapat ang mentality mo ay huwag kang sumama sa marami."

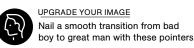
#### **HAPPINESS UNLOCKED**

Padilla's call to organic arms may sound a little fanatical to you, but his intentions are based purely from affirmative personal experience. His decision to shift to this alternative lifestyle has allowed him to operate with greater clarity and self-satisfaction-things every Filipino can likewise enjoy if they join the revolution and pay closer attention to what they eat.

The uptick in Padilla's level of happiness correlates to a study published in the Australia and New Zealand Journal of Psychiatry, which reveals that individuals with junk-food diets are 79 percent more likely to suffer from depression. More research, available from the

Public Library of Science's PLoS ONE, found that those with high trans-fat diets had a 42 percent greater chance of experiencing depression.

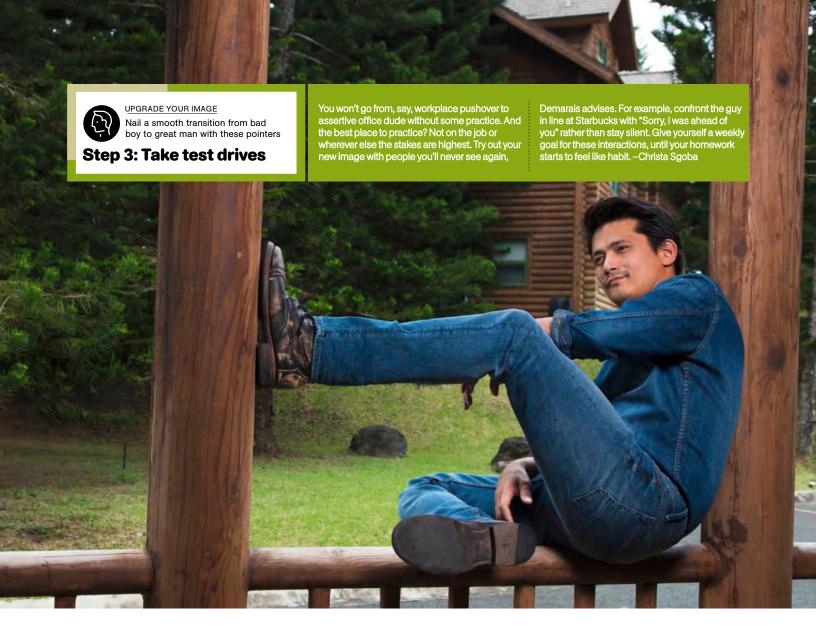
Based on these findings, Padilla, with zero percent junk food and trans-fat in his system, doesn't have to worry about getting the blues. It's something Betchay Vidanes, his manager and confidant of 27 years, can't help noticing. "By nature, madaling katrabaho si Robin. Mas lalo pa siyang naging madaling katrabaho ever since na-adopt niya angfully organic lifestyle," she says. "Naging mas masayahin siya, openminded, at kalmado. Dati kasi may process yung init ng ulo niya. Ngayon, diretso na niyang nakakalma ang sarili niya."



**Step 2: Enlist critics** 

While you don't need to broadcast your transformation ("Hey, world! Look at me! I'm changing!"), there's value in looping a few trusted people, Demarais says. These confidants will be able to give you a heads-up if you start reverting

to your old habits, and at the same time provide encouraging "attaboys" when you trot out the new ones. "Then you can feel more skilled and comfortable taking the behaviors to a broader audience," explains Demarais.



In pushing forth with the revolution, Padilla benefits from a clear head and more focus—characteristics from which every leader can draw an advantage when leading the charge. Interestingly, his improved mindset is the result of being focused not only on clean eating, but also on applying revolutionary novel methods to other parts of his life.

#### **PURE AND UNPROCESSED**

With his wife Mariel, Padilla practices, in his own terms, an "organic relationship" that allows for a more natural expression of love. His new lifestyle, he elaborates, has made him more perceptive of what it means to maintain a healthy, sexual relationship. This insight, he shares, is something you can apply to revamp your own relationship, regardless of whether or not you already practice organic eating. In a way, it can also be a strong method for you to spark change since it is shared with the person you love.

"Yung effort mo, yung concerned ka sa kanya, sexy 'yan. Nagko-contribute rin 'yan sa sexual passion ninyo sa isa't isa," he notes. "Natural lang na ine-express mo yunglove at concern mo sa asawa mo, at organic sexual lifestyle yun. Walang artificial na nag-i-influence sa pag-express nglove ninyo sa isa't isa. At bago pa kayo makarating ng kuwarto, actually, okay na kayo. Satisfied na kayo sa pag-ibig na ipinakita ninyo sa isa't isa, kasi buo yun."

Padilla's lifestyle shift has even infiltrated his methods of resolving marital conflict and keeping fit. When he and the missus have issues to work out, sweating it out in a more organic way is the solution. "Minsan pag nag-e-ensayo kami, labasan ng sama ng loob yun. Halimbawa, kung arnis yun, palo lang nang palo hanggang pagod, hanggang mawala ang lahat ng frustrations sa isa't isa," he shares. "Pagkatapos nun, tapos na lahat—masarap na ulit ang kuwentuhan, na-release na namin pareho ang kulob na tension. Tapos na-so-solve yung problema na kami lang ang gumawa, walang outside factor, organic na organic."

As for keeping fit, Padilla has employed a different way of keeping his body in shape. In his past MH covers, he highlighted training under multiple marital arts disciplines to keep in fighting form. These days, he stays active

outdoors by building an ancestral house with Mariel, putting his muscles to functional use, and creating something out of nothing using his bare hands. He also tills a small patch of land where he grows herbs, spices, and other vegetables without the use of chemical pesticides and fertilizers—naturally.

We are conditioned to believe that anything done outside of the norm has its risks, and that adhering to tried-and-tested methods is the safest path. But with the norm nowadays being prescription drug-cocktails, fast-food oversaturation, and exposure to unreliable sources of information, it seems that the prudent thing to do, in order to preserve health and happiness, is to find an alternative.

Padilla seems to have found one in this organic lifestyle. A willing general in the fight for proper nutrition, he makes a strong case for change born out of the kitchen.

"Rebolusyon' to, hindi lokohan," he stresses.
"Pag naniniwala ka sa isang bagay, ang una
mong i-sample, sarili mo. Hindi pwedeng may
pinaglalaban ka tapos hindi mo naman pinapractice. Ikaw mismo ang kailangang gumawa,
para alam mo kung ano ang pinaglalaban mo."



# **Events & Promotions**

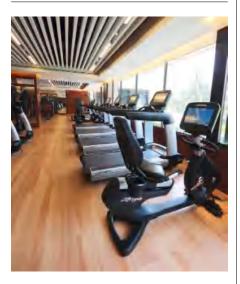
SEPTEMBER 2015

#### CAPTURE LIFE

The hardy GoPro is the standard when it comes to outdoor action cameras. This year, the company adds yet another shooter to their list, the GoPro Session. 50 percent smaller and 40 percent lighter than any other GoPro model in the market today, it won't get in the way of your fun. And unlike other GoPros, the Session is water proof right out of the box, so there's no need to buy any housing for it. The absence of an outer shell on the Session also greatly improves sound recording quality. Visit www.gopro.com for more info. and contact Dan's and Moduvi. GoPro's exclusive distributors in the Philippines.







## THE GREAT INDOORS

Don't let daily rain showers stop you from reaching your fitness goals. Get indoors and enjoy distraction-free workouts to maximize your gains, without worrying about inclement weather. Take it from Ironman champ Andy Potts, who believes that indoor training allows you to completely focus on the workout at hand, without interruption. Looking for a great place for rainy training days? Try the newly renovated Health Club of the EDSA Shangri-La, and its unique "Move-Refuel-Recover" conceptcombining state-of-the-art gym facilities with a healthy buffet, and the relaxation expertise of Chi, The Spa, all in one convenient location. For more information, call the Health Club at (02) 633 8888, or e-mail healthclub.esl@shangri-la.com.



## **GET NIGHTTIME GAINS**

New studies from the Department of Exercise Science at the University of South Carolina suggest that you might be able to reach fitness peaks by doing night sessions due to the release of cortisol and thyroptopin-hormones important in energy metabolism. Still, some consider outdoor night workouts hazardous due

to compromised visibility, so the next time you go for a night run, wear a powerful headlamp-just like 3,000 runners did for the 2015 Energizer Night Race. Aside from enjoying a cool and safe evening of jogging around Filinvest City, the runners were also able to generate P1M for Bantay Bata 163, through a unique system where a donation was made for every lap made. Check out www.energizerbatteries.com.ph for details on the next Night Race.



### **AVOID ALLERGIES**

Don't let allergies hinder you from pursuing an active lifestyle. Though many of the activities that you are interested in-such as running, hiking, biking, and swimming-may expose you to various allergens, you can remain confident that your allergies won't flare up if you are prepared. Stock up on the new Claritin Reditabs (P35/piece, available at all major drugstores) and enjoy quick relief from allergies, without the need for water. The preparation melts in your mouth in seconds, and leaves a refreshing minty flavor. Live the fit life you desire uninhibited by allergies, and take the first step to personal improvement.



# CREATE CHAOS AND CONTROL THE PITCH

If you play the beautiful game, ask yourself: Do I take control, or do I create chaos? Determine that, and you are one step closer to selecting the perfect adidas football boots best suited for your style of play. If you identify with control, then you will enjoy the new ACE15 boots with its control web for an unbeatable touch, and more studs for better ball control and feel of the pitch. But if you play well with chaos, then the X15 is for you. A Techfit collar offers a compression fit around your ankles, while the X-Cage and X-Skin construction of the soleplate and upper suit your agile cuts and explosive movements. Know more about the new boots from adidas at www.adidas.com.ph.



# Men's Health

YOUR EDGE-IN EVERYTHING!

EDITED BY ENRICO MIGUEL T. SUBIDO

COCKED,LOCKED, AND READY TO ROCK

**TAKE YOUR** 

# **BEST SHOT**

THERE'S A REASON IT'S CALLED "PRACTICAL" SHOOTING. THE WAY OF THE MARKSMAN OFFERS MANY APPLICABLE LESSONS TO YOUR OTHER ATHLETIC PURSUITS

By Chase D. Lomibao

ayne Gretzky famously said, "You miss 100 percent of the shots you don't take." Ice hockey's G.O.A.T. was most likely referring to slapping pucks at bullet speed, but his statement perfectly translates into the world of practical pistol shooting, where missing isn't an option.

Pistol shooting requires a very specific skill set, but as Filipino marksman and six-time world champion Jethro Dionisio tells us, "It's just like any other sport. Mental preparation is just as important as physical preparedness." That's just one of many applicable lessons you can take from practical shooting to other athletic fields. Dig in on how to hit your marks in your own sport.

# **BOOST SKILLS**



#### 1. ACCURACY

Pouring water into a glass, typing on a keyboard, and even tapping away on your mobile phone all require a degree of accuracy and hand-eye coordination. But it's all the more crucial when squeezing a trigger while aiming at a small, moving target.

#### **HIT YOUR MARK IN:**

Tennis. "An effective tennis player must hit the ball at the right places on the court," says Roland Kraut, one of the coaches of the Philippine National Team and head coach of the men's and women's tennis teams of De La Salle University. Try this drill which involves hitting small cones set-up on the court. "I put targets in the opposite side of the court where the players should hit," adds Kraut.

Baseball/Softball. In recording three strikes against a batter, catching fly balls, or putting a runner out between bases, accuracy is also vital. Professor Francis B. Diaz, head coach of the UP women's varsity softball team and former coach of the Women's National Team, says: "Precision at accuracy ang kailangan ng isang baseball o softball player sa kanyang throwing and pitching. Kailangan maibato ng infielder or outfielder sa bases or catcher accurately at maayos para ma-out ang hitter or runner." To keep your throws sharp, set up a small bullseye on a vertical surface and try hitting it regularly.

#### 2. FOCUS AND CONCENTRATION

"We move all the time in practical shooting," continues Dionisio. "We are given different scenarios like moving through a house or

# Find the Sweet Spot

The perfect hit, according to Roland Kraut, coach of the Philippine National **Tennis Team** 

- 1 Start with a neutral ready position, called the square stance, with your feet shoulder width apart and your knees slightly bent. Your grip on the racket should be stable but not too tight. 2 Move toward the ball with the racket above the waist on the side where the ball is headed. Aim to hit the ball
- squarely in the center of the racket to give it enough power and spin without exerting too much effort. 3 Upon ball impact, maintain the square stance for good balance
- and stability. 4 Return to the neutral ready position and get ready for the next shot.

starting from inside a car. Throughout each, we have to successfully shoot targets while adrenaline rushes through us." It is essential for any shooter to be focused-especially because live ammunition is involved!

#### STAY SHARP IN:

Basketball. For Ramon Garcia, head coach of Claret High School's basketball team, focus comes first and foremost: "I tell my players that they should free their minds of any distractions." Soon as you step on the court. visualize what you need to do instead of thinking about negative vibes outside the gym. Think of a goal-say, score five points and grab five rebounds-so you have something tangible to focus on

Baseball/Softball. "Focus training forms part of mental conditioning, lalo na kung malapit na ang competition," explains Diaz. "May mga ginagamit kami na imagery, goal setting, and concentration to help players relax." Next time you're in a tense situation, take deep breaths and switch your attention to relieve some of the mental pressure and to clear your mind.

#### **LIGHT 'EM UP**

The perfect jump shot, according to Claret High School's basketball team head coach and former PBL player Ramon Garcia

- 1. When taking a jump shot, slightly bend your knees while keeping your stance squared and your feet shoulder width apart.
- 2. Keep your shooting arm at a 90-degree position while the ball rests on your fingertips, not on your palm.
- 3. At the apex of your jump, release the ball and take a high-arching shot. Make sure to flick your wrist and extend your shooting arm for a complete follow-through before landing on both feet.

#### 3. SPEED DRILLS

Practical shooting involves a lot of continuous, quick movement. As such, competition-level shooters work to hone their speed. "Dry firing drills-drawing the gun from the holster without any ammunition-help you learn the discipline of squeezing the trigger consistently and correctly. Regular workouts like running or TRX also help in having an agile body," suggests Dionisio.

#### **PUSH THE TEMPO IN:**

Tennis. Kraut hits balls in different areas of the court for his players to return in order to develop their speed before hitting and recovery after hitting. "To harness power, I make them do tennis motions with a three-kilogram medicine ball, then make them hit afterwards," he says.

Basketball. For speed training, Garcia's players jog for 30 to 60 minutes, perform quick foot ladder drills, and do weight training using lighter weights, but focusing more on faster movements, circuit training, and plyometric drills. For your next free-throw shooting session, do a shuttle run along the court before shooting to simulate in-game fatigue. This helps boost speed and concentration at the same time. ■

# **Swing for the Fences**

The perfect hit, according to Francis B. Diaz, head coach of the UP women's varsity softball team:

- 1 With your weight evenly distributed between both feet, rotate your head to face the pitcher and focus on the incoming ball. Grip the bat semi-tight, keeping your hands at cheek level.
- 2 Keep your eye on the ball. When the pitcher releases it, step forward with your lead foot. As your foot lands, use the forward momentum to move your trunk, rotating from right to left (or left to right if you're a southpaw).
- 3 Begin your arm-swing in the direction of the ball while maintaining the head of the bat in a lag position.
- 4 When the ball is approximately 2 to 3 feet in front of your rotated trunk, extend the bat with a strong cocking motion using your wrist, and hit the ball in a whippy manner.
- 5 When the ball and bat make contact, continue to rotate your trunk and swing your arms to the rear to finish with a nice follow-through.

# **BOOST KITCHEN**

#### LESS SALT,

# **MORE FLAVOR**

# COOK WITH MINIMAL SODIUM AND AIM FOR MAXIMUM TASTE

**By Sasha Lim-Uy** 

A pinch is really all you need. Salt is meant to enhance more than mask, explains Chef Francis Lim of Tipple and Slaw in Bonifacio Global City and Nav in Kapitolyo. "Minimal salt is best to let the natural flavors be pronounced," he shares.

Experiment with other spices and cooking methods. "More ways to bring out flavor are with treatments like smoking and pickling," adds Lim.

Get your low-salt start with these easy-toprepare dishes courtesy of Chef Lim.

#### SPICED SALMON À LA PLANCHA

#### Ingredients:

200 g salmon fillet, skin on

1 tbsp cooking oil

Paste:

1/2 tsp sugar

1/8 tsp black pepper

1/4 tsp annatto powder

1/4 tsp paprika

- 1 tsp fresh tarragon, finely chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp Worcestershire sauce
- 2 tbsp canola cooking oil
- 1 tbsp water (if needed)

#### Procedure:

- 1. Put the paste ingredients in a pestle and grind until thick and creamy. Lather the paste on both sides of the salmon and let it rest for at least 30 minutes.
- 2. Heat a grill or grill pan on medium heat with one tablespoon of cooking oil. Once smoke appears, place the marinated salmon with the skin side down.

3. Hold firmly but gently with your fingers, a heatproof spatula or a wooden spoon. When the salmon starts to soften, flip it over and cook without pressure. To check for doneness, stick a small knife in the middle of the fillet for 2 to 3 seconds. The inside must be warm and flaky.

Prep Time: 35 minutes
Cooking Time: 5 to 10 minutes (depending on the thickness of the filet)

Yield: serves 1





#### **SCRAMBLED SHRIMP**

#### Ingredients:

150 g shrimp, peeled and deveined

2 eggs, beaten

2 tbsp canola oil

1 tbsp green onions, finely chopped

1 tbsp cilantro leaves, finely chopped (optional)

#### Sauce:

1 tbsp light soy sauce (Kikkoman, mushroom soy) 1 tsp sugar

2 tbsp water 1 tsp sesame oil

#### Procedure:

1. For the sauce, mix the light soy sauce, water, and sugar, and simmer until the sugar dissolves. Set aside to cool, then add the sesame oil.

2. Warm up a nonstick pan on medium heat. Add one tablespoon of canola oil, and cook the shrimp until they turn orange. Set aside. 3. Add the remaining canola oil and turn the heat to low. Cook the eggs until soft. Add the shrimp, and gently toss together with the green onions and cilantro. 4. Transfer to a plate,

and serve immediately.

Prep Time: 15 minutes

Cooking Time: 5

drizzle some sauce

minutes
Yield: serves 1

#### ROSEMARY CHICKEN, STEWED TOMATOES, CAPER MUSHROOM

#### Ingredients:

1 piece chicken breast filet (skin optional)

1 tbsp fresh or dried rosemary, finely chopped

pinch of ground black pepper 1 tbsp Worcestershire sauce

1 tbsp cooking oil (optional, if without skin)

Stewed Tomatoes: 100 g canned tomatoes, diced

or pureed

1 tbsp garlic, finely chopped

1 tbsp canola oil pinch of ground black pepper Caper Mushroom:

1 tbsp capers, roughly chopped

1 tbsp red onion, finely chopped

**20** g fresh button mushrooms, sliced

20 g fresh shiitake mushrooms, sliced

1-2 tbsp water (as needed)

#### Procedure:

1. Marinate the chicken for one hour in a mix of rosemary, pepper, Worcestershire sauce, and cooking oil (if chicken has skin) in a covered container. Chill and set aside.

2. In a heated shallow pan, warm up canola oil then sauté the garlic until soft and light brown. Add the canned tomatoes and pepper, then simmer until slightly thick. Set aside.

3. In a heated shallow

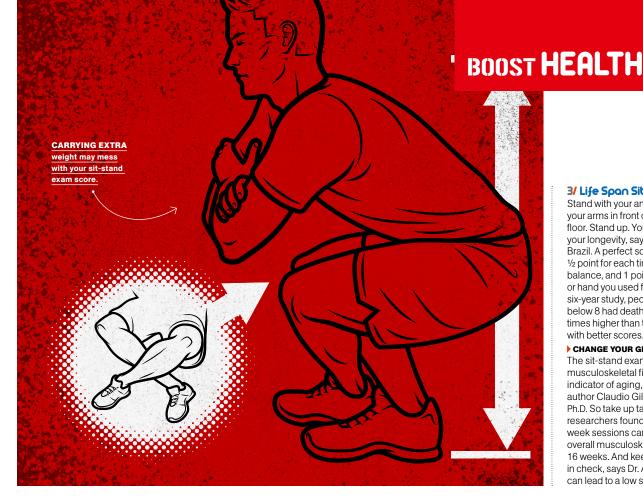
frying pan, place the chicken (skin side down) and cook until both sides are golden-brown and the meat is firm but not tough. Set aside.

4. Using the same pan, sauté the capers, red

onions, and mushrooms on low heat. Add water gradually to steam and soften the mushrooms. While simmering, add the chicken. Toss and transfer on a plate. 5. Heat up stewed tomatoes until warm and spoon over the chicken.

Prep Time: 45 minutes
Cooking Time: 15 minutes
Yield: serves 1 ■





#### 3/ Life Span Sit-Stand Exam

Stand with your ankles crossed and your arms in front of you. Sit on the floor. Stand up. You've just gauged your longevity, say scientists in Brazil. A perfect score is 10; deduct 1/2 point for each time you lost your balance, and 1 point for each knee or hand you used for support. In the six-year study, people who scored below 8 had death rates up to five times higher than those of people with better scores.

#### CHANGE YOUR GRADE

The sit-stand exam measures your musculoskeletal fitness, a critical indicator of aging, says study author Claudio Gil Araújo, M.D., Ph.D. So take up tai chi. Canadian researchers found that twice-aweek sessions can improve your overall musculoskeletal fitness after 16 weeks. And keep your weight in check, says Dr. Araújo. Extra flab can lead to a low score.

# **SAVE YOUR LIFE IN** ONE MINUTE

JUST LIKE YOUR CAR, YOUR BODY HAS ITS **OWN DIAGNOSTIC** SYSTEM. FIND OUT WHAT IT'S SAYING **ABOUT YOUR CRITICAL COMPONENTS TO AVOID** A BREAKDOWN

By Laurendel Turco



#### 1/ Heart Geometry Quiz

Diamonds trump heart disease. Bend each index finger in the form of an upside-down J; then press the nails together, viewing where they meet from the side. See a tiny diamond-shaped gap? If not, you may have "clubbing," a thickening of the fingertips possibly due to low blood O2. This could signal heart disease or even lung trouble, says MH cardiology advisor Prediman Krishan Shah, M.D.

#### **CHANGE YOUR GRADE**

Have your heart and lungs checked to make sure they're not in immediate peril. Clear? Try highintensity interval training. You'll improve your VO<sub>2</sub> max, which is the best way to get more oxygenrich blood pumping through your arteries. In a Japanese study. men who did 13 minutes of HIIT five days a week for eight weeks improved their VO<sub>2</sub> max by over 22 percent.



#### 2/ Brain Balance Challenge

Act like a stork to spot stroke risk. Stand and lift one leg, keeping your knee bent and your eyes open. Watch the clock: If you can't hold the pose for 20 seconds, you may be at higher risk of stroke. Researchers in Japan recently found that difficulty balancing on one leg may signal that the small arteries in your heart have narrowed, which is linked to loss of motor coordination and cognitive decline.

#### CHANGE YOUR GRADE

Rein in high blood pressure; it's a major risk factor for small-vessel disease, says study author Yasuharu Tabara, Ph.D. Press a finger against your right nostril to close it, and then breathe in and out through the left nostril. Switch sides and repeat. Keep alternating for 15 minutes. In a study from India, people who did this averaged a 41/2-point drop in systolic BP.



#### 4/ Prostate Finger Check

There's no "rectal" in this digital exam. Compare the length of your right index finger with that of your right ring finger. Longer pointer? Your risk of developing prostate cancer may be a third lower than if your index were shorter, according to a British Journal of Cancer study. The length of these digits is possibly related to your exposure to testosterone in the womb, which can influence your future cancer risk.

#### CHANGE YOUR GRADE

Start a food fight. German scientists found that the prostate cancer risk of men who ate the most glucosinolate, a phytochemical in broccoli and brussels sprouts, was a third lower than that of men who ate the least. And since belly fat is also linked to prostate tumors, nosh on tree nuts. A handful a week may help shrink your gut, say Loma Linda University researchers. ■

## **BOOST DOWNTIME**

# ALL SYSTEMS GO

WE'VE GOT THIS MONTH'S MUST-DOS LINED UP AND READY FOR YOUR PERSONAL CONSUMPTION. ALL-AROUND IMPROVEMENT STARTS IN THREE, TWO, ONE

By Vince Vega - Design By Diego Garcia

# 1 HAVE A GOOD LAUGH

Anything starring Anne Hathaway might not be your idea of a funny movie, but reconsider for *The Intern*, out on the 24th. With Robert De Niro as a senior-citizen intern of an online fashion-based company, the flick isn't short on star power. Adam DeVine and Anders Holm, creators and stars of the belly-busting TV series *Workaholics*, ensure plenty of laughs ahead, and Nancy Meyers, who's a master of the rom-com genre, is at the helm. All the right ingredients for a lighthearted date night are here.



#### **SHOUT IT OUT**

When stress gets you worked up, let your pottymouth speak. According to Professor Richard Stephens, senior lecturer in psychology at Keele University in the UK, swearing helps you tolerate pain better—which also applies to your workouts, especially when reaching for PRs. But, as with your vacation leaves and savings, knowing how and when to use this stress-smasher is key. If you swear too much, its value depreciates because the attached emotional effect wears off.



2 STAY ALIVE

If your girl insists on seeing Maroon 5 on the 17th at the Mall of Asia Arena, the most appropriate answer is: "When should I buy the tickets, boo boo?" Brush up on the band's factoids and start by checking out their latest album, V. It carries groovy arena anthems that have unique sonic identities. Listen to "This Summer's Gonna Hurt" and begin working on your falsetto.

#### **BE LOOSEY-GOOSEY**

Limber up before a rock concert with dynamic stretches—after all, you'll be running on excitement and adrenaline, but your muscles don't exactly know that. According to Bill Hartman, P.T., C.S.C.S., dynamic stretching increases your blood flow and switches on your central nervous system to an optimal level. Start with bodyweight squats and lunges to open up your hammies and hips.

# 13 GO HEAVY

Liven up your playlist with British heavy metal band Iron Maiden's 16th studio album. The Book of Souls. It's 92 minutes of brilliant lyrics laced with amazing three-part guitar harmonies, galloping basslines, and dynamic drum work. The release of this much-awaited double album encountered some delays after its announcement in 2013, because lead singer Bruce Dickinson had to take time off to kick cancer in the ass. Now that he has, Maiden is stronger than ever and we should see them hitting the festival circuit real soon. Metalheads, rejoice!



#### **ALL WHITE, ALL GOOD**

Drinking tea aids your metabolism, and also lowers your tumor risk. According to the Oregon State University's Linus Pauling Institute, white tea is your best blend to keep colon cancer at bay because it blocks colon-polyp growth. Go for 2 to 3 cups a day; just remember to brush your teeth after each brew since drinking tea can stain your pearly whites.



Using millennial bro-lingo is no good when writing official, business-related documents. With Business English: The Writing Skills You Need for Today's Workplace (National Book Store, P815), learn the art of clear and concise business writing, whatever the format. It's one thing to be a man who knows how to speak; it's another to really know how to pen a strong message.

# **BOOST YOUR MEMORY**

Forgetting stuff induces a natural palm-to-forehead action, along with teeth grinding. Keep your diet in check and don a preventive mindset to keep forgetfulness to a minimum. According to research at the University of Toronto, eating certain foods that are packed with carbs, like oatmeal, will improve brain activity. Carbo-load for breakfast, stat.

## **BOOST BOARDROOM**

resumé, after all!

**BAD "GOOD" CAREER** 

# **ADVICE**

THE FOLLOWING PHRASES, SAID WITH THE PUREST OF INTENTIONS, HAVE DERAILED THE CAREERS OF MANY MEN. DON'T BE PART OF THIS STATISTIC

By Maita de Jesus

# "GO FOR YOUR PASSION, DO WHAT YOU LOVE."

Why it seems like good advice: Think of those guys who work at Google—they don't seem to care about the money, right? It's because their work is aligned with what they absolutely love to do. Passion fuels them.

Why it actually isn't: Sorry, but love will not keep us alive. "Let's admit that not all passions can support our lifestyle or our needs," points out Doreen Flores, human-resources specialist at the Asian Institute of Management. "If you want to be good [and maintain your passion for something], you need to invest time in honing your skills, which entails costs."

# "YOU SHOULD MAKE YOUR DEGREE WORK FOR YOU."

Why it seems like good advice: Why put to waste four years of college for a degree you won't use? Your professors and your internship prepped you for it, so might as well follow the career path you've been groomed to take. Why it actually isn't: Only a handful of us knew what we wanted to be when we chose our college course-how can an 18-year-old be entrusted with such a big decision? Even some 40-somethings still don't know what to make of themselves! "Your degree can pave the way to a good starting job, and teach you skills you can use as foundation in starting your career. What you learn on the job will weigh more than what you studied," Malou Trenas Del Castillo, career consultant for career transitions company Lee Hecht Harrison reasons.

# "HANG IN THERE-YOU'LL GET USED TO IT."

Why it seems like good advice: The six-month probationary period has given you enough time to assess if the job is something you want. Hanging in there is also a sign of hard work, perseverance, and willingness to sacrifice (aka magpaka-martyr). Most companies would give you five stars for that. Why it actually isn't: Assess the pros and cons. Do the good points of the company (good pay, awesome teammates, proximity to your house) outweigh the negatives (sucky boss, boring AF)? Obviously, if you aren't happy, your performance will take a dive. "Most employees who are not motivated are poor performers," Flores observes.



# "TAKE YOUR TIME AND WAIT FOR THE RIGHT JOB OPPORTUNITY."

Why it seems like good advice: Doing a job you hate will make the hours seem longer. Plus, you're a shoo-in at Pixar—you sent them your

Why it actually isn't: You will end up waiting forever, with no way of financially sustaining yourself. And that gap in your resume will be something you'll have to keep on explaining during job interviews. Del Castillo, says: "Read, research, network, apply, and prepare for that opportunity." If you find yourself in a position you feel lukewarm about but it pays the bills, continue putting yourself out there to up your chances of landing your dream job.

# "IF IT'S THE RIGHT JOB, IT WON'T FEEL LIKE A JOB AT ALL."

Why it seems like good advice: It's every working person's dream—waking up every morning, raring to get work done, because it's not really work.

Why it actually isn't: Even the most powerful of bosses have tasks they absolutely hate doing. "Not everything in your job description is something you are good at or like doing, even if it is the right job," Flores states. "Even if you are in the most prestigious job, there will be times when you will get stressed." Do you remember that part in Katy Perry's movie (okay, fine, it was your girlfriend's idea to watch it, whatever) when she cried inconsolably on her way up the stage, all before pulling it together in time for curtain-up? Even rock stars have their "this job sucks" moments. ■

## LET'S GET PRACTICAL

These career tips, on the other hand, are gems you need to heed

1/ Sustain yourself, but don't let your passion die. "Find the balance between being practical and finding time for your passion," says Doreen Flores, human-resources specialist at the Asian Institute of Management. Yes, you can play in a band and pursue your passion for cooking while holding down a full-time job that pays the bills. If you

have enough money and courage to pursue your passion full-time, trust your gut and take the leap!

2/ Exercise Tarzan-mode with caution. You know how Tarzan swings from one rope to another? You can do this when it comes to your career. It doesn't hurt to keep your options open, especially when you feel you've outgrown or exhausted your current job. "But make sure you don't get derailed from your current responsibilities," cautions Malou

Trenas Del Castillo, career consultant for career transitions company Lee Hecht Harrison.

3/ Get sh\*t done. In whatever job you land, do it with everything you've got. "A strong work ethic is always attractive to employers and bosses, and something you can cultivate," notes Flores. This will show whether you're content with stapling paper or driven to write the next big series after The Hunger Games trilogy.



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## **BOOST BEDROOM**

**FINGER** 

# FLICKING GOOD

**MASTER THE ART OF** DIGITAL STIMULATION. NO. **WE'RE NOT TALKING ABOUT ONLINE PORN** 

**By Mae Lorraine Rafols Lorenzo** 

urprise! Most women don't like finger foreplay. You read that right. We've asked the expertsaka the ladies-on what they think about this very intimate activity with their partners. The surprising answer: Most of them are not comfortable with it.

"It's different when you do it on your own, and quite another if you do it with your partner," says Pam, a 34-year-old stay-at-home mom. Other respondents reason that it makes them feel violated ("You can't just stick it in there!") and even scared ("What if he scratches me?!"). And our favorite response: "Guys just don't know what to do."

Ana P. Santos, the sex columnist behind positive sexuality blog Sex and Sensibilities, notes that while fingering is met with certain apprehensions, it is a great foreplay activity. "Most women don't come from vaginal penetration, so fingering during foreplay is a great way to make her feel aroused, which will help her climax," she explains.

The reason a lot of women don't see it as fun, Santos adds, lies in the lack of communication between partners. "Men tend to bruise when it comes to their ego, and they don't believe that they can't satisfy their partner," she remarks. "Women, on the other hand, are usually mum when it comes to what they want in sex, so they end up not being satisfied at all." Bridging that communication gap is your first line of action. Before you go on a fingering frenzy, take these tips to heart.

#### **FINGER FUN:**

#### Take it slow

"You can't just go for the gold. You might short-circuit her body's elaborate arousal process," warns Rebecca Chalker, author of The Clitoral Truth. Make it a fun, playful thing, and yo-yo her arousal to up the ante. "Women like it when you build tension first. We love romance," confirms Tess, a 29-year-old marketing consultant based in Hong Kong. "There should be kissing, and a lot of caressing. Move on from there."

#### FINGER FUN:

#### Get her wet

"If you just start fingering her and she's not wet yet, it will get painful for her-not pleasurable!" cautions Santos. For starters, arouse her senses, fondle her breasts, and caress erogenous zones like her neck and inner thighs. Lenny, a 26-year-old IT specialist, shares that before she allows her lover to finger her, she makes him kiss her inner thighs first: "It's so effective in getting me wet, so when he starts fingering me, I'm so turned on."

#### FINGER FUN:

# Try different

Another sure-fire way to get her excited is to finger her from different positions. Take her from behind, and caress her clit in figure-eight motions while kissing her neck and fondling her nipples. How to spot her big O? "Look for contractions around her vagina and lower abdomen," tips MH US resident "Sex Professor," Debby Herbenick, Ph.D.

#### FINGER FAIL:

## Don't thrust your digits like a dick

"Your finger is likely smaller compared to your genitals, so trust us: We won't feel anything!" adds Santos. If you do want to try this, make sure you accompany it with other arousing activities like going down on her and performing oral sex.

# **BOOST BEDROOM**

#### **FINGER FAIL:**

## No poking

Most women find it funny that some guys take "pushing buttons" literally. "You're not supposed to push it, but the vagina does have a sensitive button on top of the clitoris that can help stimulate a woman," says Santos. "But the best area to stimulate when you're fingering your partner is her clitoris." To do this, caress her vagina with feathery touches first, then increase the speed and intensity from there. Do not poke like you're pressing an elevator button; instead, continue digital stimulation on the labia and around it.

#### **FINGER FUN:**

## Set the mood

Fingering is all about the woman. You're doing it to satisfy her, not your ego. So, turn the lights down, put on some sexy music, and just set the mood for a great experience. "[Fingering is] about respect," stresses Santos. "Know what she wants, and if she's not comfortable doing anything, then don't force her."

## BONUS: DO IT IN PUBLIC

This doesn't mean you have to be a total exhibitionist about it, of course, but it would be fun to discreetly do it with your partner to excite her. "I really enjoy it when my husband and I fool around in the movie house—it's so exciting!" shares Darrian, a 28-year-old advertising executive. Traffic? Bored? It won't hurt to have some finger fun—but make sure your vehicle is tinted.



# **BEYOND COURT**

**JEFF CARIASO CONTINUES** TO SOAR TO NEW HEIGHTS. **EVEN AFTER SWAPPING HIS BASKETBALL JERSEY FOR A SUIT. ACHIEVE A STEADY RISE IN YOUR OWN CAREER** WITH THE JET'S FLIGHT PLAN

By Enrico Miguel T. Subido

t's been five years since Jeff "The Jet" Cariaso, 1996 PBA Rookie of the Year, closed out his 15-year playing career. Still, you can't miss the 10-time PBA All-Star and multiple league champ when watching PBA games these days. The Jet has been on the sidelines since 2011, currently as assistant coach for the Alaska Aces. And his imprint goes beyond that. If you see some of the rarest and flyest kicks on PBA stars and basketball fans alike, Cariaso has something to do with it-thanks to his popular shoe chain, Titan. His goal is simple: "Our passion for basketball, our love for the game, is realized in Titan, and we want to share that with everyone who steps through our doors." You can take the man out of the game, but you can never take the game out of the man we call The Jet. These are the career rules that keep him flying.

#### THINK LONG-TERM

One thing I've always said to myself is that it was gonna be me who would say when to retire. And that's exactly what happened. Feeling ko at the time [of my retirement], it was time, and I prepared myself with a feeling of acceptance: I played many good years, got a lot of mileage on my legs. A lot of people said I could've continued to play at a high level for longer, and I honestly agree. But I weighed out what I wanted to do next, and I assessed it was really my time. So I did things on my terms, and there was no other way I would've wanted it.

#### **SHARE YOUR EXPERTISE**

After a 15-year playing career, I have a good sense of how players feel and what they think During certain situations, whether we're on a losing streak or we're doing well, or even in player development, I think my experience is where I can really help as a member of the coaching staff now. Because I've been on both sides of the fence, as a player and as a coach, I can share my unique experience with players and coaches to help improve the team's situation

#### KNOW YOUR ROLE

The directors of Titan, myself included, we're a team. I play for a different kind of team when it comes to running this business. And it's been working because we all know our roles. Just like on the hardcourt, you gotta know your role. Also, we all have a connection to basketball somehow, whether it's playing the game, watching it, or following our favorite teams.

#### **SEEK NEW CHALLENGES**

After retirement, I told myself to find a new challenge. I found that in becoming a coach, but I also found it in running a business. Things are going as well as they can, but it's not perfect. There's still so much to learn. Personally, I'm always striving to improve with it. I don't get it all the time, and, just like playing pro ball, running a business is hard work. But it's also really fun because learning new skills and facing new challenges make life interesting. = FROM THE CREATORS OF



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#PASSIONON

# When You Should Say No to Sex

Men are expected to be horndogs, ready for sex at the drop of a bra. That's a lot of pressure, says Debby Herbenick, Ph.D., director of Indiana University's Center for Sexual Health Promotion. "Sometimes men end up accepting sex because their partner wants it, but they're not that into it," she says. "Then they have difficulty with erections, and it sets them up to feel like they have ED." So the next time her booty call feels more like a duty call, ask: Do I really want this now? And if the answer is no, be honest: Tell her you're too tired or stressed, and promise that the sex will be hotter if you two wait a night.

# Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING



Expert Advice from Debby Herbenick, Ph.D.

ı

#### Wet Her Sexual Appetite

"Men think of lube in terms of 'need.' Instead, think 'want' Studies show people who use lube enjoy more sexual pleasure. Plus, women can take 15 minutes to warm up, and their vaginal walls can be dry even when aroused." Try waterbased lubes like Durex Play (P180, Watsons) for less friction—quite literally.



#### Listen Her Panties Off

"Love and emotional intimacy are big predictors of orgasm. You can't make yourself fall in love, but you can make experiences more intimate. At dinner, my partner and I always ask each other about our day, and it's not just chitchat. It's good to vent and to know that someone loves you enough to listen."



#### Do Sex and Reps Together

"Need a reason to work out together? I've developed a training program that can increase arousal for two-thirds of women; it's in my book *The Coregasm Workout*. This type of pleasure doesn't come easily. It's only when women's bodies are fatigued—after intense cardio or sets of knee raises."



#### Compliment Her Lips

"Genital self-image is a hot research area. My studies show that women who are comfortable with their vulvas and vaginas have more orgasms and more-positive feelings toward sex. Next time you explore south of her belly button, tell her just how beautiful she is, how great she tastes, and how sexy she feels."

# Uncommon Knowledge

Downtime decreases your chances of health hazards. Steve Blake, vice president of clinical operations at Managed Health Network, Inc., says "workers who don't take advantage of their vacation time...could be shortchanging themselves in terms of benefits to their health." Go on a vacation, man, it's good for you. But don't fill up your leave request form with "Vacation For Health Benefits, according to *Men's Health PH.*"



## TALK YOUR FRIENDS INTO AN EPIC TRIP

SELL YOUR IDEA. THEY'LL THANK YOU LATER.

•

# BUILD A PERSONAL NARRATIVE

Talk to each guy individually, saying something like "You need to celebrate that big raise," suggests Susan Weinschenk, Ph.D., author of How to Get People to Do Stuff. Make it about his life story. Other fodder: a breakup, expecting wife, or professional rut.

# TAP THE POWER OF THE GROUP

Nobody wants to feel left out, so make it about a set crew, like your pals from college. And pitch the idea with "We're outdoorsmen" instead of "We like to fish." Identifying the group this way, with nouns rather than verbs, is more persuasive, suggests Yale research.

# SET A CHALLENGE

The prospect of lounging on a cruise ship may repel some, but the allure of reaching a big goal, like catching a 12-foot marlin, can be irresistible. "Tie the adventure to learning a new skill, like sailing or reaching some far-off location," Weinschenk says.

# Roast the Ultimate Chicken

You don't have to get all fancy with roast chicken, but a few extra steps will pay off in flavor. Truss the bird or jam a halved lemon into the cavity to limit airflow and promote even cooking. Or deploy these sidekicks.

#### GRILL IT!



breast down, over direct heat, about 10 minutes. Flip and move it to indirect heat, close the lid, and cook until the breast reaches 150° to 155°F, 60 to 75 minutes.

Sear the chicken,

#### **Garlic and Herbs**



Halfway through roasting, add some thyme sprigs and a few lightly smashed garlic cloves to the skillet. Baste the chicken often with the fat. Or you could use fresh oregano and add lemon slices.

#### Chimichurri



Mix 1 cup chopped herbs (parsley, chives, mint, cilantro) with 1 minced garlic clove, 2 minced anchovies, 1 Tbsp chopped capers, 1 Tbsp lemon juice, salt, pepper, and olive oil until spoonable.

#### **Jerk Paste**

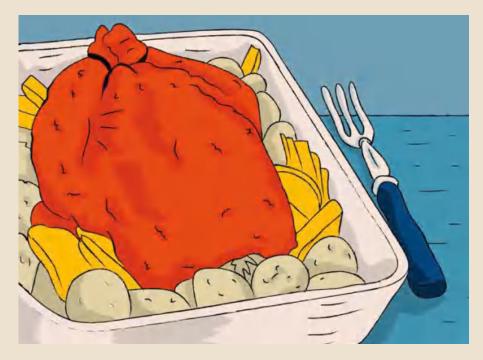


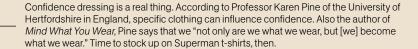
Before roasting, coat the bird with pre-made jerk paste. It has onions, thyme, nutmeg, and searing-hot Scotch bonnet peppers. Serve with black beans and brown rice.

#### **Honey Mustard**



Mix two parts each of orange juice, honey, and Dijon mustard to 1 part soy sauce. Apply to the chicken about 5 minutes before it's done, and/or serve the sauce as a topping, like the chimichurri.







# **How Much Ice for Your Soda?**

BY **MARK ROBER,** A FORMER NASA ENGINEER WHO HOSTS A SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE

You're on a long road trip—or maybe your commute just feels that way—so you pull over to grab a soda from a convenience store. Now you face a carbonated conundrum: Add too much ice to the cup, and you'll short yourself soda. Add too little, and you'll be left with

a tepid travel drink.
Calculating the optimal amount of ice depends on how long you want your enjoyment to last. Plug that number (in minutes) into the equation at left to find out what percentage of your cup to fill with cubes. (This formula will keep the beverage around 7°C. That's

just a bit colder than the refreshment-ready temp of Coca-Cola's "chill-activated" cans.) Too rushed for parking lot computations? See our chart at right. If you're going to guzzle your Dr Pepper, skip the ice completely. The initial pour should come out at around 0°C—that's chill enough to chug.

DRINK TIME (minutes)	ICE FILL (percentage)
<20	0
30	5
45	12.5
60	20
90	35

#### Don't Be Afraid Of Height

BUILD A BETTER SUIT FOR YOUR STATURE



#### THE JACKET

TALL Add substance to a tall frame with a double-breasted style. If you have a lean or athletic torso, flatter it with a vest.

SHORT One- and twobutton suits will elongate your torso. Steer clear of three buttons, which will only shorten it.



#### THE SHIRT

TALL Wrinkles, bulges, and excess cloth look sloppy. Choose a slimfit style or a tailored shirt with just enough slack to let you twist your torso comfortably. SHORT Stick to lighter hues and small, subtle patterns to enhance your frame. If you wear stripes, go vertical.



#### THE PANTS

TALL A straight leg is your best option. That's because a tapered fit will accentuate skinny legs, while baggy pants just look sloppy.

SHORT Pleats, cuffs, and wide trousers can make short legs look stocky. Slim, tapered pants are more flattering.



Beat the "Big C" with a single malt whisky. It contains more ellagic acid and antioxidants, which fight free radicals, than red wine, according to Dr. Jim Swan of the Welsh Whisky Company. Drink too much, though, and you negate the healthy benefits, so as always: drink in moderation.

#### **Drink Whisky Like a Sir**

BY CHASE D. LOMIBAO

It's your birthday and you've just been given a bottle of premium Scotch whisky. Not one to delay the pleasures of life, you immediately crack it open to share with your loved ones. But hold steady: refrain from simply downing shots until everyone's knocked out. Much as that sounds like a proper celebration, John Good, general manager of Diageo Philippines (the company that owns world famous Johnnie Walker) shows us another way, and it involves a more deliberate approach.

Hold the bottle up to the light and notice the color of the whisky. "The lighter the color, the more likely the whisky has been matured in American oak, which previously may have contained bourbon; the darker the color, the more likely it's been aged in European oak, which previously may have contained sherry," says Good. Color will give you an idea of what it might taste like. Also take the opportunity to admire the bottle with the love and attention it deserves.

Open the bottle and pour the whisky into a glass, neat with no ice or water, at room temperature. "Take note that there is a proper type of glassware for whisky tasting sessions. These glasses taper narrowly towards the rim," says Good. The smell, or nose, of the whisky forms a significant element of the experience, and it is very critical to preserve it. Having tapered glasses gets the job done because they prevent the nose from escaping too fast. Tumblers or wide mouthed glasses do the opposite and should be left out of proper whisky nosing/tasting sessions.

**Smell the whisky.** "Unlike the mouth, which can only distinguish five tastes, the nose can distinguish over two hundred different flavors. Why limit yourself to the usual five if you can get hints of rich fruits and wonderful smoke, or a certain smoothness that you get from the smell alone?" says Good.



Take a small sip of the whisky, enough to coat your mouth to engage all the taste buds. "Allow the liquid to slowly fall down the back of your throat. Sit back, reflect, and feel the whisky," says Good. Think about what you nosed, and think about what you taste. Understand the flavor profile of the drink.

Add no more than 5 ml of room temperature water to your whisky. Repeat the previous steps after doing so. "Notice how the whisky has opened up and how some qualities have become more pronounced?" says Good.

And after exploring all the different characteristics bottled Scotch whisky has to offer, sit back and enjoy. "Don't let anyone tell you any different, because if you love drinking whisky a particular way, then that's the best way to drink it."

# **Enjoy a Vintage Listening Session**

BY CHASE D. LOMIBAO

It happens: You remember something so strikingly vivid as if you were living through it all over again. How you felt, the countless other intangibles that made a lasting impression, even the way the air smelled-it all comes back. Chances are this happened while listening to tunes from your past. The powerful link between music, memory, and emotion is a source of so much magic that it's not unusual for us to have favorite tracks or playlists on endless repeat. And what better way to re-live the good old days than to listen to those songs on one of the most alluring mediums of recorded music: vinyl. Edric Chua of Satchmi, a self-confessed romantic and lover of the old world and its cherished traditions, takes us through how to revive those memories with three easy steps for creating a vinyl listening session.



**PICK YOUR VINYL:** "You don't necessarily have to be limited to vintage music, but definitely pick those that resonate with you on a personal level. Get recommendations as well and keep an open mind," says Chua. Sharing in the memories of others adds to the richness of the activity.

JUST PRESS PLAY: Although hi-fidelity sound systems bring out the best in vinyl and reproduce the music exactly as it was intended, they aren't a prerequisite. These systems usually include several pieces of hardware like a turntable, amplifier, and speakers, and can be quite costly. Thankfully, the old souls at Satchmi put together their own, affordable, portable all-in-one system called the Motorino, so you can easily enjoy your songs and the memories they bring without having to clean out your bank account. As Chua says, "Music is not supposed to be technical. In the end, it's all about the experience."

CARE FOR YOUR GEAR: To ensure that the memories last, you have to maintain your vinyl and your player. "Fortunately, vinyl is robust. Just make sure you don't subject your records to extreme temperatures, avoid scratching them, and keep them in their jackets while not in use," says Chua. "At Satchmi, we have 12 bins filled with 40-year-old vinyl records, and they're all perfectly fine because they've been handled right. For your turntable, handle it with care and avoid mishandling the needle, which is the most sensitive component of the machine."



# 70-80

The recommended serving size, in grams, of pork according to the American Heart Association, based on the U.S. Department of Agriculture's Food Guide Pyramid. For a better picture, that's two slices of Canadian bacon, three strips of regular bacon, OR one medium-sized porkchop. Emphasis on the "OR," gents.

#### **UNCONVENTIONAL WISDOM**

## Flip the Lechon Script

BY ENRICO MIGUEL T SUBIDO

When it comes to enjoying lechon, hot off the coals is the traditional way to go—with a cold beer in hand. Not exactly a healthy combo, but then again, there's also nothing healthy about denying yourself some pleasure once in a while. That being said, lechon bliss need not be limited in its enjoyment. Let Chef Dedet dela Fuente Santos of Pepita's Kitchen educate you on new ways to enjoy what international celebrity chef and author Anthony Bourdain once fondly called the "best pork ever."

#### **Rice-Stuffed Lechon**

Whether its binagoongan rice, sisig rice (pork Inception!), laing rice, 8 Treasure rice, dinuguan rice, or French truffle rice, Chef Santos swears they all work. She should know—she's created all of these beautiful, flavored rice-stuffed lechon de leches. And the best part: There's no need for any additional sarsa since each pig has its own flavor profile from the rice.

#### Adobong Lechon

This is best done post-feast, meaning after people have had their fill of traditional-consumption *lechon*. Cooked in tart vinegar and soy sauce, the flakiness of the pork will imbibe all the good flavors of an *adobo*. Let it sit for half a day and enjoy the *adobong lechon* as it should be.

#### Fried Lechon with Oil and Garlic

Not quite *lechon kawali*, this recipe fits the profile of a heavily-spiced *sisig*, enjoyed diced and on a hot plate. Maximize the skin and flesh of the roast by deep-frying the head and the ears with a heaping amount of garlic until the skin becomes crisp like *chicharon*. Then chop it all up into little bits.

#### Sinigang na Lechon

After most of the *lechon* has been consumed, you can still turn it into a soup dish. Cooked with the normal ingredients used to make *sinigang*, expect to get a rich stock, with the meat practically falling off the bones after undergoing a slow boil.



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#### **GOODNESS GRACIOUS!**

Get in your boss' good graces smoothly

BY ENRICO MIGUEL T. SUBIDO



Your boss can smell the sort of *pa-sipsip* BS a mile away. Check out these job-saving tips from Pao Cuerpo, HR Specialist at Summit Media, and apply them to your professional game

#### **GO BEYOND WORK**

"It will be a plus if you share the same interests so there are more things that you can talk about other than just work," says Cuerpo. This is integral in creating trust between you and your boss.

#### **GET THINGS DONE**

"Being able to deliver what is asked from you and being able to manage your boss' expectations those are the things will keep you in the clear," says Cuerpo. Doing more than what is required from you is a safe bet for getting on his or her good side.

#### **KEEP IT PROFESSIONAL**

Don't take things personally. "There will be times you can get in an argument with your boss because of work but at the end of the day, you have to make sure that when you leave the office, it's clear to both of you that it is just work, and nothing personal," says Cuerpo.



→ Chili peppers are the hottest thing in medicine. Here's how they may torch pain, obesity, depression, diabetes, and cancer can save HOT sauce **YOUr** LIF**e?** 



### "SURGEONS HAD TO PUT A CAGE IN MY

#### SINUSES TO KEEP MY BRAIN IN PLACE WHILE

## THEY TORE ALL THIS TISSUE OUT,"



says Ed Currie, 51, a contagiously likable banker turned chili breeder. Today, as he's driving down a highway just outside Charlotte, North Carolina, in a van emblazoned with his  $company \, name - Pucker Butt \, Pepper \, Co. - he$ smiles constantly, happy to be alive.

The surgery took place in 2007. After dealing with months of headaches and nosebleeds, Currie finally received a diagnosis: A doctor discovered a suspicious mass in his head. Then, it tripled in size in a few weeks. Currie was alarmed-his body had already been battered by cancer. Decades earlier he'd had a malignant growth removed from his arm, and he later underwent surgery for thyroid cancer and a trifecta of skin cancers: basal cell, squamous cell, and repeat melanomas.

Currie figured this operation might be his fatal finale. After 10 hours of excavating, the doctors sent tissue samples to a lab. They came back benign.

How? Currie glances reflexively into the rearview mirror at a cooler containing a dozen high-powered chili pepper pods. One of them, dubbed the Carolina Reaper, holds the Guinness World Record for hottest pepper on earth-1,569,300 Scoville heat units, which is 157 times more intense than a jalapeño. "I credit the fact that I've been eating 8 to 10 superhot peppers every day for more than a decade now," he says.

As is his routine on many days, Currie is on his way to a news station to share his conviction that the capsaicin within his potent payload—the complex phytochemical that gives chiles their burn-is keeping him alive.

#### **ETWEEN THE PUTATIVE HEALTH** MIRACLES AND

flavor-rich heat, the world's hottest plants are redlining in popularity these days. Globally, a quarter of humanity eats chilis daily, and  $the \, Philippines \, is \,$ fast catching up with the times with numerous restaurants serving hot and spicy fare. It's now common

to see hot sauce or chili flakes bottles over at your favorite dining joint. In other countries, they take it to a different extreme. Noah Chaimberg, a "chili sommelier" and the founder of Heatonist, a hot-sauce emporium in Brooklyn, offers connoisseurs their choice of more than 150 fiery concoctions. "Someone might ask what goes well with a roast leg of lamb," Chaimberg explains, "and I'll recommend a blueberry ghost pepper sauce."

Which brings up a uniquely human trait. Most mammals avoid eating spicy peppers, repelled by the painful aftershock. We humans alone seem hooked on heat, willing to cram ever more fire into our mouths. What gives?

Initially, self-preservation may have been a factor. In the pre-refrigeration era, food-borne illnesses caused by fungi and bacteria could fester unchecked. But early civilizations, especially those in warm climates, appear to have learned that spicy ingredients can nuke those germs, says Paul Sherman, Ph.D., an ecologist at Cornell University. When used in cooking, chilis, cumin, garlic, and a handful of other tongue-searing seasonings kill 75 percent or more of the most common foodborne pathogens, says Sherman, who's published his findings in the journal BioScience.

Thus "spicy" became our sensory shorthand for "safe"-if still slightly painful. The raw capsaicin in chili peppers may have saved our lives thousands of years ago. But now, more and more people seem to think that it can improve our health in specially targeted ways as well.

Faith in the medicinal power of chilis is hardly a new thing. The peppers were revered as holy healers by the Incas and also became favorites among practitioners of folk medicine. As a result, they've popped up in homespun cures for a wide range of ills, including diarrhea, hangovers, and tooth pain. Men have even used them to enhance sexual performance. (There's a numbing effect if you rub the things on your genitals—allegedly.)

Cue the disclaimer: Don't try this at home, guys. There's only anecdotal evidence that it works. Still, modern science is uncovering biochemical clues that could lead to specialized (and far more practical) therapies for conditions like chronic pain, obesity, depression, diabetes, and cancer. "The pharmaceutical industry has spent billions on developing such meds," says Arpad Szallasi, M.D., Ph.D., a pathologist at Monmouth Medical Center who has authored nearly a hundred studies and reviews about modern capsaicinbased medicine. By his estimate, that makes the search for pepper power one of the most expensive therapeutic missions in history.

The work hasn't escaped the notice of marketers. Some sauces and chile seasoning have lables that say "keeps cancer at bay." Scientists, cautious by nature, hope they're on the cusp of some scorching breakthroughs because of perceived benefits these hot peppers can bring. "Chili peppers offer a number of health benefits to the body when included regularly in our diet," says Lauren Gayle Lee, R.N.D., in-house nutritionist at Gold's Gym in Katipunan, "Its capsaicin content gives peppers their unique anti-inflammatory, anti-bacterial, anti-carcinogenic, anti-diabetic, and analgesic properties." This may well confirm that what you usually don't like is really good for you.

FOR A TIME, MOST OF WHAT CURRIE PUT INTO **HIS BODY WAS MORE** destructive than healing. Despite a family history of cancer, he couldn't have cared less about maintaining his health.



Our local chili peppers can add more oomph to your meals. Chef Francis Lim owner of Tipple and Slaw and Nav restaurants. shares how you can use two popular varieties the next time you cook

#### Siling Labuyo (Bird's Eye Chili)

Pinoy's normally use siling labuyo as part of a condiment mix but it's also a versatile for cooking to add a dimension of heat in your dishes. "You could add this to stir fries and sautés but just a little it goes a long way," Lim says. Like your food hot and spicy, have this sili handy in your pantry.

#### Siling Pang-Sigang (Green Finger Chili)

Used for sautés, soups, and stews, this sili has a different kind of flavor. "Its heat is subtle and minimal, yet packs an acidic profile," says Lim. Because the heat isn't overpowering you include this when you cook, sinigang and even adobo for a different twist.

Nearly two decades ago, while living in Michigan, Currie bottomed out. He was a functional alcoholic who drank nearly a gallon of booze a day and had racked up numerous drunk-driving offenses. Divorced and depressed, he ate poorly and ballooned to 368 pounds. His idea for trimming down: Guzzle diet shakes and vodka.

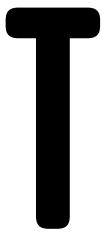
By the end of 1999, Currie had resolved to stay indoors and just drink himself to death. "I didn't want to live anymore," he says. "My life was a disaster." Then one night he claims he saw an angel who told him to seek treatment. So he loaded his Camaro with liquor, money, and clothes and set out in a snowstorm for a nearby rehabilitation facility. After a week of rehab, he says, "the lights came on again."

When he checked out, he left with a simple dream. He wanted to move to a warmer place and pursue a hobby that involved the only thing he loved more passionately than the bottle: chili peppers. So three years later, when he'd completed his aftercare treatment, Currie decamped for South Carolina. His driver's license had been revoked, so he started walking to his 12-step program meetings at the local church.

By 2001, Currie's weight was down to 184 pounds. At one meeting he met a woman named Linda and fell hard for her. Linda said she loved salsa, so he mixed up his own concoction for her, using tomatoes. peaches, mangoes, and peppers from his flourishing garden. Within a year they were married.

Today they're raising two kids in a home surrounded by acres of experimental peppers, which Currie occasionally donates to researchers at Winthrop University and many other labs with which he's signed nondisclosure agreements.

Now when Currie gives his wife a hug, she can often smell the peppers on his breath. "What kind of person eats a superhot pepper, goes through all the pain, sweat, and tears, and then craves more?" she jokes with him. Currie answers with his own rhetorical question: "Don't you think my peppers are keeping me alive?"



#### HE SCIENTIFIC SEARCH FOR THE SOURCE

of chili heat dates back to the early 1800s, when chemists first began analyzing phytochemical suspects. Whatever the compound was, they knew it was concentrated in the oily yellow droplets bubbling out of the pepper's cross walls where the seeds attach. Chemists tried various solvents to extract increasingly pure samples of the mystery stuff. Finally, in 1846, a British chemist named J.C. Thresh isolated the goo in a crystalline form and dubbed it capsaicin.

Capsaicin is an alkaloid, a close chemical cousin of famous plant-derived alkaloids like caffeine, nicotine, morphine, and cocaine, By the early 20th century, drugmakers were investing heavily in alkaloid research, hoping to

exploit their chemical properties for patentable remedies.

At the pharmaceutical giant Parke-Davis, a chemist named Wilbur Scoville was assigned to assess the heat content of various chilis. In 1912 he invented his famous heat scale, a measure of the number of dilutions necessary before our tongue no longer senses any burn. The habanero set the early record at 350,000 Scoville units.

Parke-Davis incorporated capsaicin into a proprietary muscle massage liquid, Heet liniment. Once the initial skin sensation faded, capsaicin provided pain relief by temporarily numbing deeper tissues. Soon bicyclists and other outdoor exercise enthusiasts began using capsaicin the other way around, formulating "embrocation creams" to make their cold legs feel warmer in frigid conditions. Both preparations worked, at least modestly, for their intended purposes. But the mechanism by which capsaicin could both cause and block pain remained a mystery.

After World War II, a Hungarian pharmacologist named Nicholas Jancsó developed a unique theory: Capsaicin, he argued, binds to

unknown receptors on pain nerves, exciting them (that initial burn) until they become too exhausted to keep firing (the subsequent anesthesia). Such nerves would be unable to transmit more pain signals until they'd had a prolonged "refractory period" to rest and recharge.

This, he predicted, meant capsaicin could help relieve chronic nerve pain-a prophecy that was validated decades later when the FDA approved prescription capsaicin medications to be used clinically to relieve the body-racking pain caused by shingles and diabetes.

In the '90s, scientists discovered a clue to the receptor that triggered this reaction. Dr. Szallasi and Peter Blumberg, Ph.D., of the US National Cancer Institute, found that resiniferatoxin (RTX), an alkaloid produced in the sap of a cactus-like plant (and chili relative) native to Morocco, acted like capsaicin but was far more powerful-1 million times more potent than a habanero.

Using RTX, the scientists were able to easily target a class of nerves that interfere with the sensations of pain and heat. Those same receptors also react strongly to capsaicin. A few years later, researchers assigned the formal designation for the receptors: TRPV1.

They soon learned that a purpose of TRPV1 is to sense heat and trigger a reflex-part of the signaling system that causes you to jerk your hand away from a hot stove. With capsaicin, that "burn" is a chemical illusion. Humans are willing to endure it because they have the higher-order logic necessary to recognize the parlor trick. Now researchers are trying to leverage capsaicin's odd physiological kick into salves for a remarkable range of disorders. Peppers may be able to...

▶ Nuke pain. In a recent experiment with dogs suffering from bone cancer, researchers at the University of Pennsylvania School of Veterinary Medicine anesthetized the animals and then injected RTX into the fluid around their spinal cords to reduce the transmission of pain signals to the brain. It worked: After a short period of extreme excitation, the dogs' TRPV1 receptors were effectively scorched and killed. Afterward, dogs that had been so racked with pain they couldn't stand were able to play again.

Several years earlier, scientists at the National Institutes of Health conducted trials of RTX as a molecular scalpel to block pain in cancer patients. While that research is ongoing, preliminary results hint that RTX can have applications far beyond just helping Rover regain the ability to roll over. It may selectively and irreversibly delete neurons that transmit pain while leaving other motor and sensory nerves unaffected.

▶ Smoke out sadness. Capsaicin may do more than just numb pain nerves. During the initial reaction, excited TRPV1 receptors seem to trigger a surge of painkilling, mood-lifting endorphins. That has researchers excited about capsaicin as a fix for depression. At New Mexico Tech, volunteers were asked to eat jalapeños and then indicate the moment when all burning sensations were gone. "As soon as this happened," says Paul Bosland, Ph.D., head of the Chili Pepper Institute at New Mexico State University, "they were injected with an endorphin blocker, and the burning sensations came right back."

Bosland suspects that endorphins may better explain how guys like Currie become habituated to the heaters. "It's much like Pavlov's dog," Bosland explains. "You know you're going to consume something hot, and your body releases endorphins in anticipation." As the famous "runner's high" attests, endorphins also boost mood. "They're known as well-being hormones that relieve stress and make people relaxed and happy," says Dr. Szallasi.

▶ Stoke metabolism. This is a well-documented effect of capsaicin. In a study from South Korea, 31 obese women received either injections of capsaicinoids or a placebo into their abdominal skin twice a week for eight weeks. The women who'd received capsaicin enjoyed significantly greater reductions in their body weight, BMI, waist circumference, and waist-to-hip ratio than those who'd gotten the placebo.

"Metabolism may decrease with weight loss, and we saw this in the placebo group," says Marc Brodsky, M.D, medical director of integrative

# HOW HOT PEPPERS SOUND THE alarm

Science provides the answer to a burning question



Can't take the heat? Improve your tolerance with these hacks

#### **Sneak it in Sauce**

"Adding chili to cream or dairy based sauces is good as it tends to compliment instead of overpower the dish." suggests Chef Francis Lim. You basically get subtle hints of heat without burning vour tonque.

#### **Spice Your Salad**

Make your bowl of greens less bland using a chili-based dressing. Nutritionist Lauren Gayle Lee suggests this simple concoction: Puree fresh chili peppers together with olive oil in a blender. If you have lower tolerance, make sure you use chili peppers with a more subtle heat profile like siling pang-sigang.

#### **Heat Up Your** Sandwich

"Add few slices of ialapenos to your favorite tuna or chicken sandwich recipe," suggests Lee. How much should you add? It depends on how much you take.

medicine at Stamford Hospital in Connecticut, who does research on capsaicin. But those who received capsaicin injections just under the skin in the belly area avoided this dispiriting dip, which may make weight loss progressively more difficult with each pound shed. "In laboratory mice," adds Dr. Brodsky, "capsaicin has decreased chronic inflammation caused by fat cells. This may also help fight obesity and related disorders."

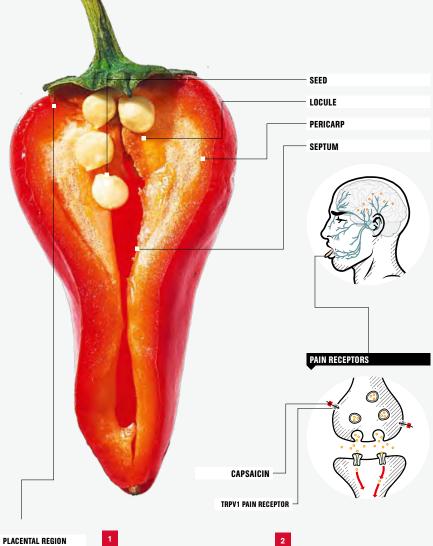
Boosting metabolism shouldn't be left to eating one type of food alone but adding chili peppers to your dishes can make you burn more calories. "Capsaicin significantly increases the body's heat production which uses up energy and calories," says Lee. "It also converts fat-storing white cells into fatburning brown cells, through a process called thermogenisis-the same process that occurs during exercise."

▶ Incinerate diabetes. "Epidemiological studies have long found that populations with diets that are rich in capsaicin have fewer cases of diabetes," says Andrew Dillin, Ph.D., a professor of molecular and cell biology at UC Berkeley. The research is starting to show why. Last year, Dillin published a study in the journal Cell that showed strong evidence of the link between capsaicin receptors, insulin resistance, diabetes, and longevity.

Dillin and his colleagues at Berkeley and La Jolla's Salk Institute have shown how this works in mice. First, they bred a test batch without TRPV1 receptors; the furballs essentially lived in that moment when you've survived the assault and are basking in the afterglow, your nerves so desensitized that you don't even flinch as more hot stuff goes down the hatch. The result: These mice also produced dramatically less of an inflammatory compound called CGRP, which shuts down the pancreas's ability to release insulin, allowing blood sugar levels to rise.

Because they lacked TRPV1, these mice avoided such problems. They seemed largely immune to diabetes and obesity, living 14 percent longer and even staying trim in their old age. Dillin predicts that some prescription drugs aimed at targeting inflammationmigraine medicine, for example-might have this same side effect.

Fair warning: Flooding your TRPV1s with excess capsaicin can eventually decommission



WELCOME TO THE NUCLEAR CORE OF THE

CHILE PEPPER. THIS
IS WHERE THE SEEDS OF THE FRUIT. UP TO 89 PERCENT OF THE FIRE CAN BE FOUND IN THIS HOT ZONE.

#### You Chew the **Chile Pepper**

Crushing the skin releases the concentrated capsaicin from the placental region. That chemical trips your tongue's TRPV1 receptors, sending a fire alarm via neurons to your brain. In turn, your brain initiates a protective response: You're now sweating as endorphins rush to your bloodstream.

#### **The Contact Site Responds**

Your TRPV1 receptors are flooded with capsaicin molecules, which bind to the nerves, causing calcium ions to surge into nearby cells. Now your body has been chemically duped into considering this painful. Drink milk-its has casein, a substance that surrounds capsaicin and washes it away. -BEN PAYNTER

some of the neurons they're found in. For now, no one knows how many Scovilles and what frequency will make the most impact. But it's the strongest case yet for using more hot sauce.

▶ Singe cancer. Science is exploring ingenious ways to tap capsaicin to kill prostate cancer. At a recent annual meeting of the American Association for Cancer Research, for instance, a team from the University of Toronto reported that dietary capsaicin delivered before radiation treatment "radio-sensitizes" tumor cells, softening them up, so to speak, so they're more easily dispatched by zaps of ionizing radiation.

(As for why Currie's tumor was benign, the explanation is less clear. But Currie believes his pepper intake is why he's still cancer-free.)

Capsaicin may work elsewhere too. In 2014, researchers at the University of Alcalá in Spain reported that capsaicin was effective at vanquishing multiple kinds of cancer, including colon, pancreatic, liver, breast, and many others—though it seemed to do so through different mechanisms, depending on the tumor type. In some cancer cell lines, for instance, capsaicin induces apoptosis, or cellular suicide. In others, it bollixes specific "transcription factors" that cancers require to grow.

"Increasingly, cancer therapies are using a combination of compounds

The "burn" of capsaicin is a chemical illusion. We are willing to endure it because our higher-order logic can recognize the parlor trick to hit different molecular targets," explains Nieves Rodríguez-Henche, Ph.D., a lecturer in biochemistry and molecular biology at Alcalá's School of Medicine and Health Sciences. "Drugs working together produce enhanced results with lower toxicity."

Capsaicin may lack the potency of classic chemo, but it could still play a valuable role. "We believe capsaicin may prove to serve as a modest but significant adjunct to other forms of treatment," Rodríguez-Henche says.

Not everyone in the research community agrees that the risk is worth the cost. Sherman says capsaicin may be a double-edged sword: "For some cancers, it may be a carcinogen, for others a cocarcinogen, and for others an anticarcinogen."

For instance, scientists at the University of Minnesota recently discovered that lab mice consistently treated with capsaicin-based skin creams could develop cancer over time if they came into contact with another tumor promoter-like, say, the ultraviolet radiation of sunlight. It's your basic handle-with-care warning. If capsaicin is as powerful as researchers believe, then like any drug it might cause harm when used improperly. Even the best medicines have dose limits. "While some health benefits are established, you can't put too much power on them to replace usually prescribed medicines," says MH health adviser Daniel Luchangco, M.D.

#### THE CAMERAS ARE ROLLING INSIDE Fox

affiliate TV station as an anchor named Caitlin welcomes Currie on the set and gamely volunteers to taste-test a pepper code-named HP 56. (HP for "high power," and the number for the variety of plant he's bred.)

Before the stunt, though, Currie issues a warning: This new one is nearly twice as incendiary as the Carolina Reaper-that's at least double the heat of most pepper sprays.

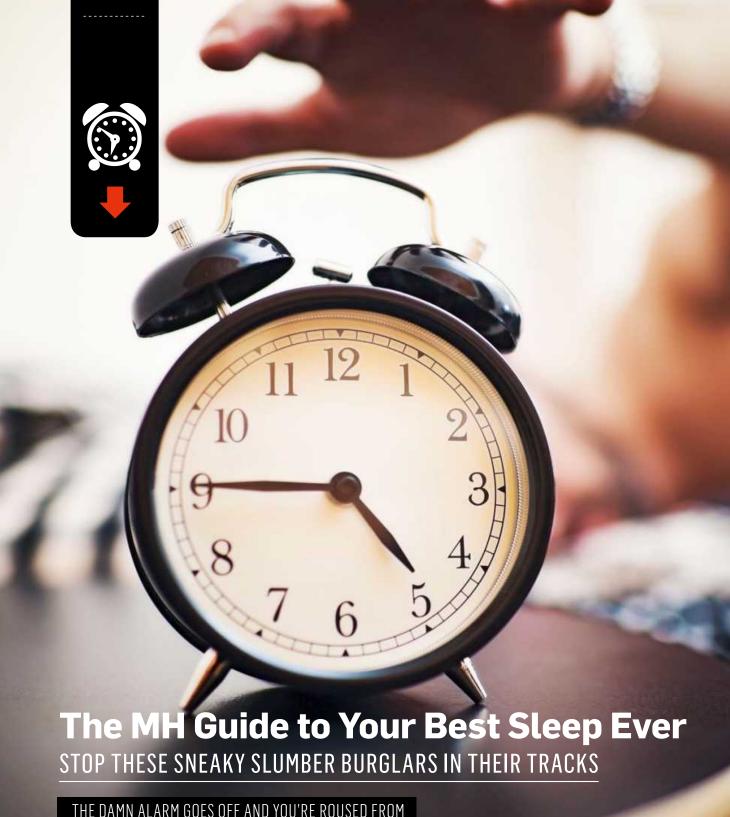
Caitlin asks: Why create such a monstrous vegetable? "I eat them medicinally," Currie says, chuckling as he shifts into healthevangelism mode. "I truly believe God's got me on a mission to promote this gift he's given me."

Caitlin shakes her head, eyeing the plateful of HP 56s less as a gift from that heavenly higher power than from a fire-and-brimstoneloving demon. She places a tiny sliver on her tongue; within seconds the bonfire ignites. Her face turns red, her eyes water, and her skin shines with sweat. "I don't recommend anybody doing this," she croaks, half joking.

Currie smiles benignly and gives her a handkerchief. If she spits it out now, he tells her, she'll avoid another round of even worse fire later in the digestive process.

The anchor opts to extinguish early, depositing the molten mouthful into the swatch of cloth she's holding. Everyone's laughing-until Currie reaches over, grabs a whole pod, and casually pops it into his mouth.

He chews slowly, relishing the combustion. His eyes tear up, but he seems calm, otherwise unfazed. "My peppers burn me as much as anybody," he says. But he'll take it. ■



THE DAMN ALARM GOES OFF AND YOU'RE ROUSED FROM

SLEEP. REACHING FOR YOUR PHONE, YOU NOTICE THE TIME AND

CALCULATE ABOUT EIGHT HOURS SINCE YOU DOZED OFF. STILL, YOUR EYES

REMAIN STRANGELY HEAVY AND YOUR BODY FEELS SLUGGISH.

YOU CAN'T HELP BUT BLAME IT ON THE STRESSFUL GRIND AT THE OFFICE.

BY ENRICO MIGUEL T. SUBIDO

PHOTOGRAPH BY DORI OCONNEL

But getting up every day, especially from a complete sleep, isn't supposed to be that difficult. "The problem may lie in other factors that make you unable to get a good night's rest, despite sleeping sufficient hours," says sleep expert Jaime Z. Galvez Tan, M.D., M.P.H, president of Health Futures Foundation, and host of "Doctor's Orders" on DWWW 774 AM.

Failure to treat this unusual situation seriously will only make matters worse. Inadequate rest is a legit health hazard that can lead to a whole mess of problems. "If we can't actually replenish and replace new cells [through sleep], then that's going to lead to degenerative diseases," warns Colin Smith, Ph.D., a professor of functional genomics at the University of Surrey in the UK.

The worst part: Your own habits and surrondings may be causing your restless nights. We outline some of the sneaky sleep-depriving factors that are right in front of your eyes (a couple are inside your head and stomach, too). Read on, counter the culprits, and have the best sleep of your life—tonight.

Ask yourself what you are more afraid of: a dark

room or a hospital bed? "Sleeping with the

## SLUMBER THIEF #1: ROOM LIGHTS

lights on is the worst thing that can disturb your sleep," says Dr. Galvez Tan. Melatonin, a hormone in the pineal gland, helps you attain sleep while repairing your body through cell regeneration. Many physicians often refer it to as "the fountain of youth." The catch: It is only produced in darkness. Even a little light is enough to stunt melatonin production. Secure Your Shut-eye: Ask yourself one more question: What's your age again and why are you so afraid of the dark, anyway? Turn those lights off, stat. If you share your room with someone who needs the lights on for whatever reason, invest in a good sleep mask (try the Tempur Sleep Mask, P1,500, ph.tempur.com) that can keep out light to allow your body to produce healing melatonin. For graveyard-shift workers, supplement a sleep mask with dark drapes that can really block any light from entering your room.

#### **10 PM to 6 AM**

The most ideal period for sleep, according to Dr. Galvez Tan, due to the surge of melatonin production between these hours.



Practice taking 10-second breaths with this method prescribed by Jaime Z. Galvez Tan, M.D., M.P.H, president of Health Futures Foundation, and host of Doctor's Orders on DWWW 774 AM radio. Get your lungs fully oxygenated and clear your mind with this boss technique

1

Clear your mind of thoughts and focus on your breathing.

2

Breathing through your nose, inhale slowly for four seconds.

3

Pause for two seconds before releasing your breath.

4

Slowly release, again through your nose, for four seconds to completely deflate your lungs.

1

Practice this method and, in time, you could develop the skill of falling asleep in under a minute.

#### SLUMBER THIEF #2: ANXIETY AND RESENTMENT

Boss chewed you out for missing a deadline, your girlfriend isn't too happy about your "too-friendly" photos with your hot officemate, and you have a 10K race tomorrow morning. Good luck getting any sleep, buddy! Anxiety and resentment differ in that the former is self-generated while the latter comes from external sources, but both will surely keep you up at night.

Secure Your Shut-eye: Don't bring your worries to bed. "Imagine your bedroom as a personal sanctuary away from all your problems," advises Joan Javellana, M.D., of Oasis Acupuncture Clinic. Sounds very New Age, but don't sleep on the technique. Practice and transform your bedroom into a center of calm. And if you're arguing with the person lying down next to you, try this: "Honey, let's sleep on this and talk things over the morning." Not: "Okay, you're right. You always are. Night."

## SLUMBER THIEF #4: FOOD AND BOOZE

There's real knowledge in your lola's advice: "Huwag matulog pag busog." Any sleep you get after eating a meal will be disturbed because, though you're snoring away, your insides are still working hard to digest the food. At the very worst, sleeping while your body performs these processes, especially when copious amounts of alcohol and fatty food figure into the equation, can result in acute hemorrhagic pancreatitis—known more famously as bangungot. Lost sleep? More like lost life!

Secure Your Shut-eye: Follow the Japanese method: Only eat until you are 80 percent full. It's called hara hachi bu, and is practiced by Okinawans—regarded as the longest-living and healthiest people on the planet. Susan Dopart, M.D., R.D., C.D.E., a member of the American Dietetic Association, suggests eating half of what you normally have, then monitoring how you feel afterward. Any feelings of stomach pressure indicates you've reached 80 percent.

#### SLUMBER THIEF #3: SCREEN TIME

Though leaving the TV on to put you to sleep might actually work, it prevents you from entering the zone of deep, restorative slumber. "Even if you manage to fall asleep in front of the TV, your ears are still active and the sounds continue to stimulate your brain, and your mind isn't put to rest," explains Dr. Javellana. Then there's the light emitted by the screen, preventing melatonin production—you know, Slumber Thief #1.

Secure Your Shut-eye: Relocating the TV outside your room will do wonders for your sleep. But if you live in a studio apartment, fight the urge to turn on the tube even if they're showing a rerun of *Caddyshack*, aka The Best Movie Ever. Dr. Galvez Tan also suggests turning off the TV in anticipation of sleep: "If you plan to sleep at 10 PM, turn the TV off at nine." This prepares your brain for the downtime it needs before sleep.

#### SLUMBER THIEF #5: EXERCISE

You don't want to exercise right before bed—a raised heart rate as well as high levels of adrenaline, cortisols, and endorphins will result in fitful, deficient sleep even though you're tired from working out. The principle is similar to eating before sleeping, only it's your muscles, not your digestive organs, that are

Secure Your Shut-Eye: End your workout at least three hours before calling it a night so your mind and body have enough time to properly cool down. And here's one for all you night jockeys: Working out in the afternoon is better for you. "Medically, it's healthier because your muscles have warmed up sufficiently and your blood pressure is lower than in the morning," Dr. Galvez Tan points out. Save your nights for light exercise instead, and lower your risk of a cardiovascular mishap.







One day last May,

SEAN "PUFF DADDY"
COMBS, WHOSE \$700
MILLION FORTUNE
RANKED HIM NUMBER
ONE ON THE FORBES
LIST OF "HIP-HOP'S
WEALTHIEST ARTISTS"



# FOIL YOUR NEMESIS

Mind games and techniques to put these rivals in their place

#### The Sports Rival

YOUR TACTIC
Picture the process

"In essence, he facilicates you to perform better kasi ayaw mong magpaiwan," says sports psychology specialist Marcus Jarwin Manalo. Use the motivation to train harder and to anticipate your moves at training and at play. Viewed positively, a competitor can fuel your drive.

#### The Saboteur

**YOUR TACTIC** Keep a watchful eye

Beware the sneak attack, warns Hillary Anger Elfenbein, Ph.D., a professor of organizational behavior at Washington University in St. Louis. Identifying allies is easy, but rivals may lie low to avoid reprisals. So gather a posse of allies who are in a position to keep a lookout and report any subterfuge back to you.

#### The Jerk at Work

YOUR TACTIC Misdirect him

He constantly antagonizes you. Tries to make you look foolish. Outmaneuvers you at every turn. So just remind him (or her) of people who are more powerful or successful than the both of you, says Stephen Garcia, Ph.D., an associate professor of psychology and organizational studies at the University of Michigan.

#### The Lady Stealer

YOUR TACTIC Be yourself

"Love is not a sporting competion so focus on showing her who you are and the likeable things about you," says sociologist Bro. Clifford Sorita. Win her by sharing your passions instead of trying to eclipse your competitor's. And if you lure her into your social circle, she's more likely to stay. —Alex Gardner

#### LENNON VS. McCARTNEY

Paul: "I have to admit it's getting better..." vs. John: "It can't get no worse..."

in 2014, woke up to some humbling news. Apple Inc. had just acquired Beats Electronics for \$3.2 billion. That meant Andre "Dr. Dre" Young, cofounder of the headphone company and number two on that same list at \$550 million, had hip-hopped over him. Dre was touting himself as lead contender to become hip-hop's first billionaire.

Combs, who once sang "It's all about the Benjamins," must have had that sick feeling in his stomach, the one we all feel on being outearned or outclassed by a rival. He fired back, of course. Within days he announced plans to turn his Sean John clothing line into a billion-dollar brand. That's exactly how rivalries are supposed to work: It's not about pointed lyrics or guns in nightclubs or even, really, the money. No, a rival pushes us to become stronger, faster, smarter, and more creative. It's what inspires us to be the one, as a Dr. Dre lyric puts it, "still running the game."

Rivalries on the playing field work the same way. In the recent Philippine Basketball Association (PBA) Governor's cup finals, Arwind Santos and Calvin Abueva, both from Pampanga, played bruising defense against each other—much to delight of the press and the crowd. Who can forget the great

Crispa and Toyota saga that up to now, players from both teams still talk trash about each other? We don't need to tell you about La Salle versus Ateneo wars. Rivalries also happen in the corporate world. Manny Pangilinan and Ramon S. Ang, both PBA team owners man squads that battle not only on the court, but also in the acquisition of new business.

Even the rarefied worlds of science, music, and art see cutthroat competition: Perhaps you heard about the Bolshoi Ballet dancer who, seething with resentment that he and his ballerina girlfriend weren't getting the plum roles, plotted an acid attack on its director. ("This never happened in my day," an older dancer remarked. "You'd hit each other in the face in the dressing room and that was that.") Marketplace niches and geographic proximity tend to heat up these matches. That's part of what drives the feverish productivity of Silicon Valley, for instance. But that guy in the cubicle next door is just as liable to stir up those same passions.

Couldn't we all just get along? Couldn't we be nice, the way our teachers always urged us to? An entire generation, maybe two, has grown up under a classroom ideology that views individual reward as a "correlate of macho attitudes," as one scholar put it, and "damaging to both intrinsic motivation and creativity," according to another. The shift in education to a learning style that's arguably better suited to girls has made cooperation a major focus. But everywhere else in our lives, especially for boys and men, competition still rules. Understanding how to live with rivalries—when to cooperate and when to compete, what's a smart tactic and what's just stupid, how to use rivalry to boost performance and how to avoid being dragged down by it into despair—is a perilous business. Sooner or later we all need a remedial course in the art of living with—and appreciating—our enemies.



## RIVALRIES THAT SUCK

You can't beat these people. So join them instead.

#### **Bro Rival**

**YOUR TACTIC**Write a letter

Your brother or sister will be in your life longer than any other family member, says Jeanne Safer, Ph.D., an expert in sibling relationships. Write a thank-you letter or email for something specific your sib did for you, even if it was years ago. Compliments can mend frayed family ties. Leave Mom and Dad out of it, she advises.

#### **Boss's Assistant**

YOUR TACTIC Show, don't tell

Don't deal with the filter directly. "Sa Philippine workplace, uso talaga ang crab mentality, and pag may pangarap ang isang tao, he can filter his perceived competition," says Sorita. Your move: find your own niche and perform work that only you can do well. "Kung ikaw lang ang may kayang gumawa, you'll eventually stand out.

#### The Ex-Best Friend

YOUR TACTIC Wait it out

"Healing has to happen first," says Sorita. Do some thinking first as to what caused you and your friend to compete that affected your friendship. "Friends help each other to achieve common goals. and when you remember what you've once shared, that's the only time healing can start."

#### Your Kids' New Dad

YOUR TACTIC

Your kids may gush about their stepdad at first, if he's an okay dude. Don't neg out on him; you'll seem defensive. Remember: You had a head start in the dad race. You can still finish first if you hang in there, ask lots of questions about their activities and friends, and be available for them as a listener. —A.G.

Rivalry in creativity is harder to test, but competition also seems to boost creative output. The Beatles were so fabulous, according to this theory, partly because the songwriting duo of Paul McCartney and John Lennon enjoyed what Lennon called "a little competition... as to who got the A side, who got the hit singles." Each wanted to top the other

That same dynamic (though it was more sibling warfare than mild competition) drove the success of the band Oasis for 18 turnultuous years, with songwriter Noel Gallagher and frontman Liam Gallagher endlessly clashing even while complementing each other's talents.

Outside rivals help, too. The Beatles benefited from what producer George Martin called a "curious transatlantic slugging match," a rivalry carried out against Brian Wilson and the Beach Boys through song and in the recording studio. Oasis, likewise, had a vast Billboard catalog of rivals, as evidenced by Liam's remarks "We will be as big as the Beatles, if not bigger" and "There's Elvis and me. I couldn't say which of the two is best."

These internal and external rivalries can inspire or distract, depending on the nuances: Even as they competed, Lennon and McCartney took songwriting credits together and shared the glory equally. All four Beatles welcomed experimentation; their mutual connection freed them each up to try new ideas. That's how it's supposed to work with successful teams, says Marcus Jarwin Manalo, sports psychology specialist for the Philippine Boxing Team. Basically, it's a good mix of cooperation within a team, a challenge from a rival, and some friendly competition between team mates.

#### YOUR RIVAL, IN CASE YOU HAVEN'T BEEN PAYING ATTENTION, IS

**SOMEONE** of roughly similar background (in gender, age, sport played, job title, or specialty at work, for example) who more or less evenly matches you in skill and with whom you face off in repeated competitive encounters.

If you don't think you have a rival, that could be your first problem. There is truth in one Hollywood agent's assertion that "you're no one in this town unless someone wants you dead." Having a rival, being able to get under somebody else's skin, doesn't mean you have arrived. But it says you're in the race. It says people worry about what you might do next.

Our recurring competitive bouts against known rivals ratchet up anxiety, excitement, and also performance. Oddly, considering that rivalries date back at least to Cain and Abel, the science of rivalry is relatively new, and researchers have only begun to measure its effect on performance. But when NYU's Gavin Kilduff, Ph.D., studied the running community in State College, Pennsylvania, he found that going up against a rival could cut 25 seconds off a competitive runner's 5K time. Would that kind of performance boost also show up in non-athletic rivalries?

In one experiment, Uri Gneezy, Ph.D., an expert in behavioral economics at UC San Diego, gave people the choice to earn money at either a piece rate or a competitive basis for solving puzzles. Men (but not women) preferred to compete—and going up against rivals dramatically increased their output.

#### THE IDEAL MIX FOR SUCCESS:

Cooperation within a team, a challenge from a rival, and some friendly competition between team mates.

You could say it didn't turn out quite like that for Oasis.

When Oasis split up in 2009, the seething resentment and animosity between the two brothers broke out in a war of insults that still hasn't let up. Liam says, "I'm a better singer than him. I'm the man, man." And Noel says, "He's the angriest man you'll ever meet. He's like a man with a fork in a world of soup." Liam says, "Noel Gallagher can be a little bitch." And Noel says, "Well, Liam talks a lot, doesn't he?...Unfortunately for Liam, he's a born liar." And that's not even getting into the weird psychosexual stuff.

It was a bizarre interchange. But a bitter rivalry can do that to anyone. NYU's Kilduff recently ran an experiment in which people could choose whether to be honest or deceptive with a partner. It turned out that an Ohio State fan was four times as likely to lie when paired with a partner from



archrival Michigan than when paired with one from, say, Caltech. The Caltech guy, in turn, would no doubt lie to someone from MIT, and so on through the pantheon of school rivalries and onward into corporate life. And then there's the deranged Alabama fan who poisoned Auburn's oak trees. Rivalries can be so psychologically engaging that morality no longer matters.

AVOIDING THOSE KINDS OF EMOTIONAL MISJUDGMENTS IS KEY TO DEALING with a rival. (More about that shortly.) On the other hand, it may pay to trick your rival into doing the stupid stuff. UC San Diego's Gneezy recently dubbed this strategy the "Materazzi effect," after Marco Materazzi, a soccer player on the Italian national team in the 2006 World Cup finals. During overtime in that match, the trash-talking Materazzi expressed a personal interest in a rival's "whore" of a sister. Twice. Enraged, the rival, French team leader Zinedine Zidane, head-butted Materazzi in the chest. Zidane was ejected from the game. Materazzi's team went on to win the cup, in part because Zidane wasn't around for the shootout that determined the outcome. Beware, though: Sometimes angering a rival just makes him mightier. Adrenaline works even faster than steroids to boost strength.

The Materazzi gambit can be genius in contests that depend on clear thinking. "When emotions are triggered, there can be a tendency to take it as an attack sa pagkatao mo, which can affect your decision making," explains Bro. Clifford Sorita, a sociology professor at Far Eastern University. "Minsan, lahat gagawin mo just to prove that you're better—hindi siya healthy especially dun sa mga maaapektuhan ng gagawin mo." In Zidane's case, his team got the raw end of the deal.

So what are some smarter ways to handle a rivalry? First, recognize how the emotions brought on by rivalry can affect your behavior. At an auction, for instance, when the bidding is down to you and another person—especially someone you know—the wheels of rivalry start to spin. You're in front of a live audience and under time pressure. In one study of a high-stakes, time-sensitive auction, that scenario led buyers to overpay by an average of 71 percent. Business negotiations can also take on that same win-at-all-costs dynamic. Walking away from the table for a 10-minute break, or simply saying "I'll give you an answer in 24 hours" can help you avoid emotional errors brought on by a pushy rival and time pressure.

Maintaining a physical distance can also help defuse rivalrous emotions. That's why experienced buyers at art auctions, for instance, often bid anonymously through a third party by phone. But distance is not foolproof. Even in an online charity auction with the bidding down to two people, Harvard's Deepak Malhotra, Ph.D., found that people who received a leading message ("The competition is heating up...Are you up for the challenge?") were 50 percent more likely to bid again than those who were merely notified that they'd been outbid. It's why Sotheby's turns a profit.

Sometimes, though, you need to win a rival back to your side, particularly in the workplace. The standard advice is to try to see things from the other person's perspective as a way of getting a grip on your own emotions. "But they never tell you how," says Zachary Shore, D.Phil., author of A Sense of the Enemy: The High Stakes History of Reading Your Rival's Mind. The usual mistake is to try putting yourself in the person's head. But that just tells you how you might act in his or her situation. The key to predicting your rival's actions, says Shore, is to study his or her behavior—not day-to-day, but at moments of crisis. These breaks in the normal pattern tend to be far more revealing of a rival's true character. It's in these pattern-breaking moments that you can best gauge those underlying drivers and constraints.

What's your move if you don't like what that reveals? Brian Uzzi, Ph.D., who teaches leadership at Northwestern University's Kellogg School of Management, recommends the three Rs:

Redirection is about shifting your rival's antagonism onto someone or something else that is the true root cause of the rivalry. Reciprocity means doing the rival a favor, out of the blue, without asking anything in return. And once those have been done, rationality involves getting the rival to see how working together can benefit you both.

That's the template, anyway. Real life doesn't always work out so neatly. At one corporation, for instance, the chief financial officer was working one of those grip-strengthening gadgets—as if squeezing his visitor's testicles—when an exec went in to present his budget request. "Tell me the numbers," said the CFO. Then he insisted on cuts, no explanations wanted.

Redirecting the CFO's anger was a matter of mentioning the government regulators who mandated the programs covered by the proposed budget. Rationality consisted of pointing out what was in it for the CFO: "You could go to jail if you don't do this," the executive said finally. "These are mandatory compliance expenses."

Then, to sweeten things a little, the executive added that a reputation for manufacturing safe products would quickly reward the CFO with bigger profits as the company moved into emerging markets. There wasn't much reciprocity. But two out of three did the job of bringing a rival in line and keeping the budget intact.

#### ONE FINAL THOUGHT TO KEEP IN MIND: AS MUCH AS YOU MAY HATE

your rival now, as much as you may want to rip out his heart and scatter his ashes across the nearest septic waste pond, it may not always be so. Rivalries lead us to put on "perceptual blinders." We block out mitigating or redeeming factors and focus all our concentration on the rival as enemy. And maybe that's how it has to be, at least while the battle is being fought.

Later on, though, when the blinders come off, old adversaries often discover a powerful bond: It's not just that they shared the same glory days. Without a worthy rival, without that guy, there might not have been any glory days in the first place. Would Bill Gates have accomplished as much had there been no Steve Jobs? Would there be a Magic Johnson without Larry Bird? Or an Andre Agassi without Pete Sampras?

One of these days, even the Gallagher brothers will realize that being rivals—loud, nasty rivals at that—has gotten them nothing but empty headlines. Being brothers, being part of Oasis, and telling the rest of the musical world "Get out of the way, we'll take charge here"—that's the best thing that ever happened to them. 

■

## RATTIING RRAIN

Win once and you can make it a habit for a lifetime

#### The Buzzer Sounds: You Win!

When you're the champ in any kind of competition, testosterone levels often quickly rise in your bloodstream, says Matthew Fuxjager, Ph.D., an assistant professor of biology at Wake Forest University.

2

#### **Testosterone Hits Your Brain**

Experts hypothesize that a rise in testosterone feeds your noggin's reward system. And an influx of T may equal more receptors in brain structures that feed competitiveness and social aggression.

3

#### Your Next Face-Off

Additional T receptors are probably still hanging around in your head long after your victory, Fuxjager says. The effect? You'll be more likely to repeat the steps that led to your last win. —A.G.

# Control your entire body so you can inflict damage onto his 事点は他生工作 KICKING deannanana SPRING INTO ACTION Explosive legs will help you strike with lightning speed The second second second 60 SEPTEMBER 20



# Brazilian Jiu-Jitsu

WHAT YOU'LL **DEVELOP:** 

Coordination

Agility

Strength



According to an LAPD study published in the Journal of Non-Lethal Combatives, 67 percent of fights end up on the ground. When that happens, Daniel LaRusso's Crane Kick might not come in handy. (Kids, google Daniel LaRusso if you can't relate.)

That's when Brazilian Jiu-jitsu (BJJ) comes in. With origins in Judo and Japanese Jujutsu, this "gentle art" teaches takedowns, pins, chokes, and joint locks such as armbars and ankle locks, BJJ practitioners are also accustomed to fighting off their backs, which may seem like a disadvantageous position to some. Ultimately, BJJ's efficiency in subduing opponents on the ground using minimal strength makes it a force to be reckoned with.

What sets BJJ apart from other arts is that it's very progressive. "There's a steep learning curve in Jiu-jitsu," says Allan Co, a BJJ black  $belter \, and \, instructor \, at \, Fight \, Factory \, Manila-Greenhills. \, ``BJJ \, is \, always \,$ expanding, so there are always new techniques to learn."

Unlike a number of martial arts, BJJ is also joint-friendly since most of its low-impact techniques are executed low to the ground. This boosts a grappler's longevity in the sport. "A few months ago, I watched a 75-year-old man compete at the Pan Asian Grappling Championship," recalls Co, himself a BJJ practitioner of over 15 years. "BJJ is so diverse that you can learn it no matter how old you are." -BG



1. Assume a push-up position with each hand resting on a dumbbell.

2. Lift one bell to your side. Return to starting position. Repeat with the opposite arm



shoulder-width apart. Grab a bell on the ground. 2. Keep the bell





1. Lie flat on your back, hands at vour sides, leas extended to the ceiling.

2. Keeping your shoulders on the floor, swing your legs from left to right.





#### BLACK BELT TIPS

Get ready to roll with the best of them

#### **Focus Your Effort**

Attack one part of your opponent's body using your entire body. If you're going for an arm-lock, use your whole body to work for position to go against that one arm.

#### Stay the Course

BJJ takes a great deal of commitment. Some disciplines usually award black belts after five years of training. In BJJ, it takes 10 years on average. Keep training; it'll be worth it.

#### Go the Extra Mile

BJJ is an anaerobic workout. It's going to make you stronger, but it doesn't burn a lot of fat. To improve your conditioning, add this workout to vour routine.



You need a strong core, an explosive body, and strong pulling muscles to help you control your opponent-and these exercises will give you just that. Do three sets of 10 reps.

Learn it at Fight Factory Manila-Greenhills, 35 Annapolis Street, San Juan



#### LUNGES

- 1. Stand with your feet hip-width apart, your elbows bent, and vour hands in front of you.
- 2. Step forward with your right leg and bend both knees until vour left knee almost touches the floor. Do 8 reps per leg.



#### WOODCHOPPERS

- 1. Stand holding a bell in both hands. Squat down and twist to your left.
- 2. Stand up and raise your arms in front of you, twisting your torso to the right. Do 8 reps per side



#### WHAT YOU'LL **DEVELOP:**

Accuracy

Speed



Filipino Martial Arts (FMA)-more popularly known as Kali, Arnis, or Eskrima—was not designed for sport; it was designed for survival. There's no blocking or eating punches to set up counterattacks in FMA as the discipline utilizes weapons like sticks and blades. Fighting with these deadly tools will train you to go for the kill. "When dealing with weapons, your immediate instinct is to get out of the way and hit your opponent first," notes Adrien Quidlat, Basikong Guro at Rapido Realismo Kali International Association Inc. (RRKIAI).

FMA, which was declared the "Philippine National Martial Art and Sport" under Republic Act 9850 in 2009, emphasizes the use of sticks, swords, and knives for combat, disarming, and self-defense. The techniques you learn here can be used with any tool-pens and umbrellas included—or with no weapons at all.

What makes it so devastating? Its economy of movement, where efficiency rules over volume. "FMA emphasizes ending conflict as quickly as possible," explains AJ Quidlat, Aprentis Guro at RRKIAI. "That's why we focus on accuracy, followed by speed and power, in our training." -BG

#### **BIRD DOG PLANK**

1. Assume a push-up position, but rest vour weight on your forearms instead of your hands.



2. Hold one leg and the opposite arn out for 5 seconds. Do 5 reps per side.



Do these functional movements circuit-style for three rounds, resting for one minute between rounds.



#### STREET SURVIVAL

While you can't choose the conditions in a real fight, you can choose to prepare for it better with these pointers

Try it at Rapido Realismo Kali International Association Inc. (RRKIAI), 10F 1557 Furgoso corner Tomas Mapua Streets, Santa Cruz, Manila

#### **Arm Yourself**

Controlling and absorbing the power and impact of your weapons require plenty of arm strength, especially in your forearms. Supplant your FMA training with forearm exercises.

#### Leg Up

It's your mobility that saves you in FMA. You might be good in

your attacking movements, but being static ultimately gets you hit or sliced. Train those legs!

#### **Pivot Power**

Strengthening your core and the connection between your upper and lower extremities will help in FMA, which involves lots of rotational and antirotational movements.



WHAT YOU'LL **DEVELOP:** 

Coordination

Agility

Flexibility



There's more to Capoeira than dancing and music. It actually has a pretty dark and deadly past. Capoeira was brought to Brazil by African slaves who practiced it amid "tall grass" (which is what the art is named after) as a form of self-expression. Back then, it was outlawed and associated with criminals. "There are stories that, during elections, they would hire Capoeiristas to start fights in crowded plazas so people could change ballot boxes," says Formado Pirulito, an Escola Brasileira de Capoeira Philippines-trained Capoeira instructor at White Space Mind and Body Wellness Studio in Quezon City.

Today, this martial art is viewed in a more positive light as it offers a unique means of self-defense. The ginga, for instance, is the fundamental footwork of the art. It helps fighters set up attacks and, more important, avoid getting hit. "We try to evade attacks completely," Pirulito shares. "It's very rare that we try to get full contact, but when it happens, we're prepared for it."

Capoeira gives you 360 degrees of offense as its cartwheel kicks and acrobatics help you launch strikes from every angle. "We also have elbow strikes, backfists, and other sneaky techniques," adds Pirulito. Not limiting itself to striking, Capoeira employs takedowns, sweeps, and ground techniques, too, making it a hybrid martial art." -GP



#### TRAIN FOR THE DANCE

What you need to know before working on your killer dance moves

#### Improve Your Cardio

Capoeira's continuous movement will test your cardio. Be sure to keep your stamina up to par.

#### **Work Them Glutes**

Training your legs and lower back will give you buns of steel; it'll also prepare you for the ginga.

#### Strengthen Your Shoulders

Keep your shoulders and arms strong to get your body Capo-ready. It will help with the cartwheels, handstands, and other acrobatics.

Learn it at White Space Mind and Body Wellness Studio, 6F Regis Center, 327 Katipunan Avenue, Loyola Heights, Quezon City

#### GINGA

- 1. Stand in a half-
- squat position. 2. Bring your left leg back then return to starting position. Repeat on the opposite side. Do three sets of two minutes



#### **PUSH-UP VARIATION**

- 1. Get into an inverted "V" position.
- 2. Bend your arms and lower your head to the ground. Push up before it hits the ground. Do 10 reps for three sets.



#### **ESQUIVA PARA TRÁS** (ESCAPE TO THE BACK)

1. Perform the ginga, but maintain a lower base throughout the movement. Do 10 reps per side for three sets.







WHAT YOU'LL DEVELOP:

Speed

Flexibility



Translated as the "foot fist way," Taekwondo can be described in one word: fast. "When we execute a punch or kick, we have to do it with speed and power," says Janice Lagman, a 2nd Dan Taekwondo black belter and SEA Games gold medalist. True enough, the attacks from this Koreabased art are lightning-quick, thanks in part to its efficient techniques.

For example, the power of its roundhouse kick comes from the legs rather than the hips. Drawing power from the hip can sometimes telegraph the attack. This kick also uses the instep of the foot to make contact with the target. While this isn't as devastatingly powerful as landing with the shin, it's significantly faster, explains Japoy Lizardo, a 3rd Dan black belter, SEA Games gold medalist, and Philippine National Taekwondo Team coach.

Training in Taekwondo will test your speed, but it will also require plenty of flexibility. "Whatever your opponent's height, you should be able to kick them," Lagman points out. Mesh flexibility and speed with an arsenal of kicks, and you'll be able to land strikes from any distance.

Taekwondo fighters are notorious for covering distance quickly before landing a swift kick, but Lizardo adds that they also have attacks for close quarters. "Kahit anong range, may attack," he stresses. "May techniques rin for in-close fighting. You can clinch and kick, or clinch and move in and out for a kick." –GP

# Taekwondo experts like Lizardo are so fast that they can land up to five kicks in a single combo Learn it at Japoy and Janice Taekwondo, Celebrity Sports Plaza, Capitol Hills Drive, Diliman, Quezon City

#### TRUNK BEND

- 1. Stand with your feet spread wide.
- 2. Bend at your hip and touch your right foot with both hands. Switch sides.



#### SIDE LUNGE

- Stand with your feet split as wide as you can.
- Bend your left knee and lower your hips. keep your right heel on the floor. Switch sides.



#### FRONT SPLIT

- Sit on the ground and open your legs as wide as you can.
- Bend at your hip and touch your right foot with both hands. Switch sides.



Do these stretches at home or after training to improve flexibility. Hold each for 10 seconds per leg.

#### KICKING AND SCREAMING

Here's how to be fast on your feet and Taekwondo-fit



#### **Get Bouncy**

Taekwondo fighters bounce on the balls of their feet, ready to pounce when the opening presents itself. This will test your stamina, so put in extra cardio work.

#### **Cut Loose**

Don't be tense when training

or fighting. Being light on your feet will help you explode for attacks.

#### Limber Up

Flexibility is key in Taekwondo. Do stretching exercises at home, like the ones shown on the right.





WHAT YOU'LL **DEVELOP:** 

**Explosiveness** 

Agility

**Endurance** 



When an art is derived from the samurai, you know it's badass. Judo's roots can be traced to Japanese Jujitsu, the art that ancient samurai used in case they lost their swords on the battlefield. Jigoro Kano, a man of small stature, took these techniques and made them accessible to the common folk in the form of Judo, which translates to the "gentle way."

When you take up this art (now also practiced as a sport), you'll learn to achieve "maximwum efficiency with minimal effort." This concept is one of the foundations of Judo, and it is evident in its techniques. "You can't rely on brute strength to throw someone," remarks Raphael A. Pangalangan, a 1st Dan Judo black belter and former captain of the U.P. Men's Judo Team. "You have to read your opponent's movements and wait until you can execute a suave throw. It's basically using his body and his reflexes against him in order to win."

The focal point of Judo is its throws, sweeps, and takedowns (there are over 67 techniques), but Judokas are also well-versed in pins and submissions like chokes and armlocks. It's tough to take down Judokas because they're the ones who usually dictate where a fight takes place. Through the "gentle way," you'll learn to find the most efficient means of throwing, pinning, and subduing your opponents. Just ask Ronda Rousey. -MD



#### SUMO DUMBBELL DEADLIFTS

- 1. Feet spread wide, bend your knees and keep your back straight and grab a bell in each hand.
- 2. Keep your chest our and back straight as you stand up.



#### **DUMBBELL ROWS**

- 1. Back straight, knees slightly bent, and torso forward, grab a pair of bells and let them hang.
- 2. Pull the bells to your sides and then lower back to starting position.



#### JUDO PUSH-UPS

- 1. Assume an inverted "V" position.
- 2. Bend your arms and lower your chest to the ground. Then lower your hips and extend your arms pushing your chest forward.





#### LETHAL WEAPON

Judo may be called gentle, but training for it is never easy. Heed these tips

#### **Read Your Opponent**

Identify where your opponent's weight is shifting and use that against him.

#### **Have Good Timing**

You can't force things to happen. Time your execution so you don't waste energy.

#### Attack Wisely

There's always that one other person on the mat-your opponent. Choose techniques that attack his weaknesses.



A strong upper body, an explosive base, and a solid back will ensure you're the one doing the throwing. This workout will do the trick. Do three sets of 12 reps per exercise.



When it comes to martial arts, Muay Thai, "the art of eight limbs," is the baddest of the bad. Originally from Thailand, it involves punches, kicks, knees, and elbow strikes (hence the moniker). This gives Thai fighters more weapons than the average kick-boxer.

Muay Thai strikes aren't as fast as those of other arts, but they're certainly more powerful. "You can knock your opponent down in a splitsecond if you hit the right spot," says Chu Borbon, a professional MMA fighter and Muay Thai trainer at Fight Factory Manila in Teacher's Village.

What makes Muay Thai fighters hard to deal with isn't just their longrange weapons but also their close-quarter attacks. Once they lock your head in a Thai plum (with both hands cupped behind your head), they can control your posture and launch a barrage of knees and elbow strikes to your head and body.

Toughness is a must in this art. Eating elbows and shins to the ribs is no picnic, but these fighters can take it and dish it out thanks to their superb conditioning. "You'll move better and improve your cardio with Muay Thai," shares Kru and professional Muay Thai fighter Jeffrey Biron. -MD ■

#### SQUAT JUMPS

- 1. Stand with your feet shoulderwidth apart. Bend your knee and lower your hips.
- 2. When your hips are lower than vour knees. stand back up and immediately jump into the air. Land on soft



#### SIT-UP TO PUNCH

- 1. Lie on the floor, feet on the surface and knees bent.
- 2. Contract your abs and bring your chest close to your knees. Throw a iab, then a straight. Return to starting position.





#### CLAP PUSH-UP

- 1. Assume a push-up position. Lower your chest to the floor.
- 2. Extend your arms with enough force to lift your body off the floor. Clap your hands before landing



While there's no need for heavy lifting in the gym for Muay Thai, you will still need to improve your explosiveness. These moves will help. Do three sets of 20 reps.



WHAT YOU'LL

**DEVELOP:** 

**Endurance** 

Flexibility

Power

Learn it at Fight Factory Manila–Maginhawa, 114 Maginhawa Street, Teacher's Village East, Quezon City

#### BASIC TRAINING

A beginner's guide to Muay Thai

#### **Pay Attention**

If you train hard and master the moves, you will realize that Muay Thai isn't a scary art. You just have to pay attention to your instructor when learning it.

#### Value Flexibility

To be able to endure the training, you have to be flexible enough.

Throwing kicks is tougher when you're tight.

#### **Exceed Your Limits**

Beginners are sometimes given considerations, but if you really want to learn fast, you have to push yourself. Start with the basics, move on to pads, then start sparring to learn faster.





"I GO TO LOADS OF SHOWS **ALONE AND WILL SEE GUYS MAKING EYES AT ME ALL NIGHT. BUT THEY RARELY EVER** APPROACH," SAYS LEAH, 29.





### The Surfer

**READ HER MIND** It's not just the killer abs and toned legs she's achieved from performing her daily balancing act. "It's the independence. Plus, a woman who's having fun is naturally attractive," says Alana Blanchard, 25, a professional surfer and swimwear model from Hawaii. Dedication and self-assurance are bonuses. "She's sporty and has the confidence to go into a male-dominated setting," says sociologist Jennifer Gunsaullus, Ph.D., author of the blog Dr. Jenn's Den.

### SHOOT THE CURL

Respect her athleticism. Ask simple questions-"How are the waves today?" "What's your favorite surfing spot?" Then let her talk-unless she doesn't want to. "Surfing is a selfish sport, so be prepared for her to do her own thing," Blanchard says. If she's in no mood to chat, just find your own adventure-while staying out of her way. Women consider men who take on primal challenges to be more attractive, a University of Alaska study found.

### The Bridesmaid

**READ HER MIND** After all the primping, photo shoots, and crisis management, she's finally ready to party. "It's kind of like going to Vegas-we allow ourselves to act crazier," Gunsaullus says. Better yet, she may have already heard that you're a stand-up guy: "She's probably been wrangled into gossiping about eligible guests," says Eimear Lynch, who interviewed hundreds of wedding party regulars for her 2014 tell-all book The Bridesmaids

JUST "I DO" HER Lots of men go generic at weddings; you don't have to. Stand out with a few tweaks. If you're wearing a dark-colored suit, wear a shit with a lighter shade. "Colors like periwinkle or flamingo make your outfit look fresh." savs fashion stylist Bela Vitug. Mixing a darkcolored or pinstripe blazer with lighter shade pants is another option. It has a slimming effect and puts the focus on your face, says Vitug. And when she has her eyes on you, smile and eventually chat her up.



### The Festival Fan

**READ HER MIND She's** wearing a crop top that would make Rihanna blush. And consider this: If you've both emptied your savings on VIP passes, you're showing strong signs of compatibility, Gunsaullus says. "Your interests reflect your tastes, values, and how you want to spend your time. The way you prioritize spending money or time is a big issue in a lot of relationships. So if you both connect on prioritizing experiences over things, that's a plus." JOIN HER PLAYLIST Show patience. Wait

for the set break to go

over to her-that way you won't interrupt her groove. More important, you'll find out if she's waiting on some guy. If she's free, try not to worry that you're the 10th dude to hit on her tonight. Instead, make your move with confidence-and watch her body language. "I go to loads of shows alone and will see guys making eyes at me all night, but they rarely ever approach," says Leah, 29. "If I'm into it, I'll throw some glances his way, play with my hair, keep my body language open." But if she seems distracted or fiddles with her phone, Gunsaullus says, it's likely time to book new talent.



### The Gvm Goddess

**READ HER MIND She's** crushing it at six in the morning-and her burpees put yours to shame. "Women who exercise take charge of their well-being, so they're healthier longterm mates," says Paul Hokemeyer, Ph.D., a marriage and family therapist. But they tend to look for the same in you: "Our clients are strong and fit, and they want to be around men who feel the same way about staying in shape," says Tish Arana, who manages a boot-camp class with her husband in L.A. And we'll just leave you with this:

Exercise can increase a woman's genital arousal, according to a study published in the Journal of Behavioral Medicine. **SWEAT HER OUT** Time it right: Don't ask her for coffee when she's banging out kettlebell swings; you'll ruin her shot at a PR and she just might hate you for it. "Wait until she's through with her workout or set," says Gameplan host and SPARTA owner Amanda Fernandez. When you do approach, limit the chat to a minimum "No matter how interested she may seem in you, tell her you have to get back to vour set." Ask for her number or tell her you'll see her around.







### The Outdoor Luncher

**READ HER MIND There's** something refreshing about someone who doesn't feel pressured to rush back to her desk. It suggests she's able to enjoy little pleasures, Gunsaullus says. If she's alone, that choice conveys confidence. independence, and an appreciation for solo time, Gunsaullus says. And if she's with friends, it's a sign that

she's social. "If you approach her group, she may be impressed with your boldness," Hokemeyer says. "Women are drawn to assertive men. It's a turn-on to be around a guy who takes charge in and out of the bedroom-and she may be flattered that you've singled her out." **BRING DESSERT** Read her signs: If she has her nose buried in The Hunger Games, it's no time to wax poetic about the mockingjay,

Gunsaullus says. "After a day at the office, I don't want anyone bothering me during my downtime," says Ana, 29. But if she's looking around the park with a relaxed smile, she may be open to small talk. Just wait until she's wrapping up her meal, Gunsaullus says, and then keep things light. Assume that she probably has a job to get back to, so the sooner you ask for her number, the better.

"FEMALE SPORTS FANS STRIKE US AS SMOLDERING HOT BECAUSE THEY'RE SO ENTHUSIASTIC. THEIR ABILITY TO GET FIRED UP BY BRUTE STRENGTH AND PHYSICAL CONTACT COULD DEMONSTRATE AN OPENNESS TO SEXUAL EXPERIENCES."



### The Superfan

**READ HER MIND** One word: passion. "When I'm watching the game, I'm genuinely into it," says Marissa, 30, a lifelong Alaska Aces fan. "I wear the real gear. I pay attention. I yell at the players." And just in case you were wondering, it's true: That intensity might just translate to the bedroom, Hokemeyer says. "Part of the reason why avid female sports fans strike us as smoldering hot is that they're so enthusiastic. Her ability to get fired up by brute strength, honed technique, and physical contact could

demonstrate more of an openness to sexual experiences."

CHEER HER ON Treat her as an equal, says Hokemeyer. Don't demean her becase she likes every other team than your beloved, title deprived Ginebra. You'll only push her away and ruin your chance to bond. Get this through your helmet too: Fans aren't just guys who sport Dad Bods. Most sports boast a female fan base of 30 to 40 percent, according to research giant Nielsen. "Men marvel at the fact that I love sports, and that's so stupid and sexist," Marissa says.

### TALK TO HER WITH EASE

WANT TO BREAK THE ICE WITH A LADY YOU FANCY? HERE ARE FIVE WAYS YOU CAN DO THAT ACCORDING TO FIVE MH WOMEN

"Don't talk about really personal things like past relationships at the beginning. That's just really personal business."

### - ARIANNY CELESTE

"If you would need alcohol just to make yourself talk, then that would be a problem."

### - PATRICIA FERNANDEZ

"When a guy can make me laugh with his wit, ay naku, I melt like a snow cone!"

### – JULIA CLARETE

"When I meet a guy, what interests me is when they ask questions and they're funny when they can make light of the situation,"

### - ISABELLE DAZA

"If you really [want to talk to her] then take the risk. Because there's really nothing you can lose from doing that,"

– RIKI FLORES

# **Be Ready**

## for Her



Listen up: UFC Octagon Girl Arianny Celeste reveals how you can show the ladies that you're the right guy to be in their corner

BY Wayne Joseph Tulio / PHOTOGRAPHS BY Dix Perez / P.72

MAKEUP BY Xeng Pulveta / HAIRSTYLING BY Det Babas / STYLING BY Team Versei



### FIGHT FOR QUALITY MINUTES

"Men often focus on quantity rather than quality of time they have together. A lot of guys date a number of girls, too, and it just turns into a mess. Focus on one girl and do it right."

Make it happen: When you're with her either on a date or a casual coffee meet-up, give her your utmost attention. This is a key factor that women look for. "Being dense is a tough way to lead your life and [it's] dangerous when you're dealing with someone else who wants you tuned in," writes Joy Graham in How to Date, Flirt, and Romance. Stop typing away on your smartphone, and really listen to what she's saying. Unless you really don't want another date.



"Men should understand that I'm an independent woman. I always take care of myself, but I'll never disrespect a guy in any way so you just need to give me my space. You're there for each other during the good and the bad. But you definitely need separate lives to keep things interesting."

Make it happen: Spend too much time with your girl and you could be setting your courtship or relationship for a fall. A 2013 University of Minnesota study found that the greater the interdependence between a couple, the higher the potential of jealousy.



### **STAY ACTIVE IN** BETWEEN ROUNDS

KEEP FIT I definitely like a guy who works out. But that

doesn't mean you must have a

six-pack"

"I definitely like a guy who works out. But that doesn't mean you must have a sixpack! I want a guy to keep up with me because I'm very active. I do kickboxing, I cycle, and I do boot camps, weight training, and hiking every week. I want my future partner to be active so we can do fun, outdoorsy things"

Make it happen: Turn workouts or outdoor activities into active dates. According to the American Council of Exercise, couples that support each other working out find improved health in their relationship and are able to deal with conflicts better. Is she more active than you are? Then it's a chance for you to try and catch up with her. It shows that you're willing to put in the effort.

"A GOOD DATE would be having a really nice dinner and a great bottle of wine. I like a place that's different. It should have character, dim lighting, and not a lot of people. Great conversation is a must, too! I love connecting with people intellectually. All of that together sounds really nice to me."

MAKE IT HAPPEN: Do some research on your own to find the right restaurant (Spot.ph has really good lists), and also ask your lady for her preferences. "There are so many restaurants out there, but an element of surprise-like a hidden spot, a killer dish, or a place with something extra such as a nice view-is always good," suggests Sasha Lim-Uy, section editor of Spot.ph.



### **Events & Promotions**

Check out facebook.com/menshealthphilippines for our promotion update

SEPTEMBER 2015 ■

### REDISCOVERY THE ROAD

You've probably had it with the insane city traffic by now. To help you leave the stop-and-go stress behind you, try hitting the open road with a sturdy (and stylish) ride like the new Land Rover Discovery Sport. This versatile compact SUV offers 5+2 seating configurability so you can take your friends or family with you. Its next generation multi-link rear axle, advanced pedestrian airbag technology, and all-new touchscreen infotainment system are just some of its latest features. Available in a range of 4-cylinder turbocharged petrol and turbodiesel engines, the new Discovery Sport can take on all terrains with maximum efficiency. For more info on this fuel-efficient road runner, visit www.landrover.com.ph or drop by your nearest Land Rover dealership today.



### FEEL THE BLAST

Researchers from the University of Helsinki have found that Vitamin C (ascordbic acid) can lessen the duration and severity of common colds and even prove useful for people coming from exercise. To get your Vitamin C fix, turn to Berocca, which combines Vitamin B-Complex, ascorbic acid, calcium, magnesium, and zinc in an effervescent tablet. Gulp it down and not only are you reloaded with vitamins and minerals but with renewed energy as well. To ensure that you're thrice as active and healthy, Berroca has launched two new flavors alongside its longstanding Orange flavor: Citrus and Mixed Berries. Berroca is available at drugs stores nationwide. For more information, find Berocca on Facebook at www.facebook. com/BeroccaPh and on Instagram and Twitter @BeroccaPh.





### SHUT FAT DOWN

In studies published in New Scientist, eating saturated fat isn't linked to heart disease, but consuming trans fat is. Steering clear of food high in trans fat is a smart move, but if you can't avoid it, then you better have a back up plan. To help you keep fat out of your system, take Reducin (Anti-Obesity), which contains 120 mg of Orlistat that aids in weight loss and even reduces the risk of gaining the weight back again. Orlistat blocks some of the fat that you eat, keeping it from being absorbed by your body. Reducin (Antiobesity) is priced at P29.50 per capsule and is available at all Mercury Drug stores nationwide. For more information, visit www. facebook.com/ATCreducin.



### **RUN FOR FUN**

A study from *Biology Letters* shows that exercising with a group provides positive motivation when gunning for your fitness goals. Join the SyncRUNize event at ARCA South, Taguig on September 19 to do just that. Registration is easy. Just go to *arcasouth.ph* or any Chris Sports branch and register either for the individual category or the group category, where you can join with three other friends. Download the SyncRUNize app, and it will guide you through obstacles on your way to the finish line. The app can be downloaded for Android devices version 4.0-4.0.4 or higher or for iOS devices 8.0 or higher. This event will benefit the Hero Foundation.



# HOME COOKING UPGRADE

The benefit of homemade dishes is that you can control exactly what goes in them. This, if you practice self-control, can lead to health-friendly meals that still taste great. One good way to bring home-cooked dishes to life is with Sapporo Long Kow Vermicelli. It's a great source of carbohydrates, which you need for fuel, not just in your workouts, but for your day-to-day activities. Combined with diverse ingredients, Sapporo Long Kow Vermicelli allows you to easily whip up a sumptuous feast for family and friends. For more information, visit sapporoproducts.com.ph.



# AGE MATTERS

HOW OLD YOU ARE CAN DETERMINE THE NEEDS OF YOUR BODY AND SKIN. WE SHOW YOU THE BEST PRODUCTS SO YOU CAN LOOK LIKE A WINNER AT ANY AGE

WORDS AND STYLING BY AMADOR R. MADAMBA PHOTOGRAPHS BY LOUIE AGUINALDO



HE GROOMING

AWARDS 2015

# TEENS

In your teenage years, your hormones are on overdrive—causing excessive oil secretion, perspiration, and body odor. Use products that deeply clean and keep you feeling fresh.

### A. CLEAR MEN

Cool Sport Menthol Antidandruff Nourishing Shampoo

Nourish your scalp deeply and get long lasting protection against dandruff with a shampoo packed with nutrients, vitamins, and botanical extracts. 180 ml, P219.50. available at leading drug stores, supermarkets. and department stores.

### **B.** BELO MEN

Whitening Facial Cleanser

Use this cleanser with glutathione, kojic acid, and gigawhite to exfoliate dead skin, unclog pores, remove oil, and to whiten skin. 100 ml, P99.75, available at leading drug stores, supermarkets, and department stores.

# SXT STYLE

### C. BELO MEN

Acne Control Whitening Bar

This bar helps eliminate face and body acne, improve skin clarity, and whiten skin. 100 g, P82.75, available at leading drug stores, supermarkets, and department stores.

### D. OLD SPICE

**High Endurance Pure Sport** Antiperspirant and Deodorant

Apply this dry cream for the best dryness protection. 14 g, P81, available at leading drug stores, supermarkets, and department stores.

### E. BRUNO LAB **Foamless**

**Shave Cream** 

Shave with more comfort with this foamless shaving cream that moisturizes, improves razor glide, and doesn't clog your razor. 100 ml, P350, available at Bruno's Barbers Stores.

### F. BRUNO LAB

After Shave Cream

After shaving, apply this to instantly soothe and moisturize irritated skin. 100 ml, P350, available at Bruno's Barbers stores.

### **G. NIVEA MEN**

Anti-acne **Brightening Mud Serum Foam** 

Say goodbye to blackheads, whiteheads. oiliness, enlarged pores, and dark spots with foam that deeply cleanses and prevents acne problems. 65 ml, P149, available at leading drug stores, supermarkets, and department stores.

### H TOMMY **HILFIGER**

**Tommy Neon Brights Eau De Toilette Spray** 

Express your youthful spirit and optimistic point of view with a fresh fragrance with energetic notes of mandarin, lemon. red ginger, coriander, pepper, white moss, and amber. 100 ml, P3,000, available at leading department stores.

### I. GAP **ESTABLISHED** 1969

Inspire Man Eau **De Toilette** 

An aromatic woody fragrance for today's energetic, spirited, and confident young man. It contains bergamont, coriander, kaffir lime, ivy leaf, lavender, and spices. 100 ml, P1,900, available at leading department stores and GAP boutiques.

### J. SCHICK

Exacta 2 Sensitive Razor

Get a smooth shave with a disposable razor that has two thin blades, one-push clean, vitamin E lubricating strip, and non-slip rubber grip. P22.50, available at Watsons and leading department stores.

### K. SAFEGUARD

**Derma Sense** Facial Cleanser

Reduce acne. blackheads, and acne-causing germs with a cleanser with salicylic acid for clearer and fresher skin. 50 ml, P83, available at leading drug stores, supermarkets, and department stores.

### L. MASTER

Oil Control Max **Facial Scrub** 

Remove deepseated dirt and excess oil with a facial scrub with mineral clay and antibacterial agents to prevent blackheads and whiteheads. 100 g, P150, available at leading drug stores, supermarkets, and department stores.

### M. SAFEGUARD FOR MEN

M

Ocean Fresh Body Wash

Effectively cleanse and get rid of 99.9 percent odorcausing germs using a body wash with sweatactivated odor shield perfume technology. 400 ml, P199, available at leading drug stores, supermarkets, and department stores.

### N. NIVEA MEN

**Dry Impact Plus Anti-perspirant** Aerosol

Effectively regulates and protects against perspiration for 48 hours with DryPlus system and minerals. 150 ml, P184, available at leading drug stores, supermarkets, and department





### A. L'OCCITANE

Cedrat Global Face Gel

Enriched with cedrat extract, it hydrates, mattifies, and energizes your skin-making it clear and fresh. 50 ml, P1,850, available at L'Occitane, Rustan's Makati, Shangri-La Plaza, Power Plant Mall, Greenbelt, SM Mall of Asia, and TriNoma.

### **B. POND'S MEN**

Acne Clear Oil Control Whitening Foam

A facial wash with mineral clay to instantly absorb oil, witch hazel extract to help tighten pores, and salicylic acid to control pimples and acne. 100 g. P190, available at leading drug stores, supermarkets, and department

### C. HEAD & SHOULDERS MEN

Cool Blast Antidandruff Shampoo

Cool and invigorate your scalp with a shampoo that has menthol for effective removal and prevention of dandruff. 180 ml, P122.57, available at leading drug stores, supermarkets, and department stores.

### D. CLARINS MEN

**Revitalizing Gel** 

Hydrate and protect your skin using a gel with three plant extracts, leaving it matte and energized. 50 ml, P3,250, available at Rustan's Makati. Shangri-La Plaza, Alabang Town Center, and Essenses, **Power Plant Mall** and SM Mega Fashion Hall.

### E. AVEDA MEN

**Pure-formance** Shampoo

Soothe and relieve your scalp while cleansing, conditioning, and moisturizing your hair. 300 ml, P1,600, available at Aveda, Greenbelt 5, SM Makati, and Basement Salon, Shangri-La Plaza.

### F. AVEDA MEN

**Pure-formance Grooming Clay** 

Lightweight micro-fibers flex, creating texture and a strong pliable hold for your hair. 75 ml, P1,700, available at Aveda, Greenbelt 5, SM Makati, and Basement Salon, Shangri-La Plaza.

### **G. THE BODY SHOP**

Tea Tree **Facial Wash** 

Prone to blemishes, blackheads, and oily skin? Use this daily-use wash with tea tree oil to remove excess oil and impurities for clearer-looking skin. 250 ml, P595, available at The Body Shop, Glorietta 3, SM Mall of Asia, SM Megamall, and SM City North EDSA.



AWARDS 2015

Living an active

lifestyle in your 20s means integrating work, sports, and having fun with friends. You need products to control oil, and to mattify and energize your skin.



### I. LACOSTE

Eau de Lacoste L.12.12 Yellow Eau **De Toilette** 

Express your

optimism and **Black Deodorant** positive energy **Bodyspray** with a fresh and A fresh, light, and citrusy, aromaticfruity scent with clean fragrance for the subtle, grapefruit, pink confident, and pepper, apple, refined man. coriander, 150 ml, P199. cypress, vetiver, available at and amber. 100 ml, P4,950, leading drug available at stores, supermarkets, leading and department department

stores.

H. AXE

stores.

### J. BURBERRY **Brit Splash for Him Eau De Toilette**

A refreshing aquatic fragrance with notes of honeydew melon, rosemary, watery accords, moss. and wood. 100 ml, P4,200, available at leading department stores.

### K. REXONA MEN

**Invisible Dry** Anti-perspirant **Deodorant Aerosol** 

Enjoy total protection from sweat marks, white marks, and yellow stains so you will feel confident no matter what you're wearing. 150 ml, P170, available at leading drug stores, supermarkets, and department stores.

### M. JOHN ALLAN'S

L. SCHICK

Get a close,

comfortable

shave using a

razor with four

titanium- and

and jojoba

diamond-coated

lubrication strip.

300 ml, P259,

available at

leading

stores.

Watsons and

department

blades and an aloe

4 Razor

**Quattro Titanium** 

**Sport** . Conditioning Shampoo

Rich with botanical extracts, panthenol, and wheat protein, it thoroughly cleans your hair, making it healthy and conditioned. 375 ml, P795, available at Rustan's Makati, Shangri-La Plaza, and Alabang Town Center.

### **N. BAXTER**

After Shave Balm

This alcohol-free cooling balm contains glycerin, aloe vera, and allantoin to hydrate and nourish freshly shaved skin. 120 ml, P1,350, available at Ronnie & Joe, **Power Plant** Mall and SM Aura Premiere.



### A. CLARINS MEN Anti-Fatigue Eye Serum

Reduce dark circles, undereye puffiness, and the early signs of ageing with an eye serum with bison grass, gymnema, and organic goji berry extracts. 20 ml, P2,650, available at Rustan's Makati, Shangri-La Plaza, Alabang Town Center, and Essenses, **Power Plant Mall** and SM Mega Fashion Hall.

### B. LA MER The Oil Absorbing Lotion

A light oil absorbing lotion rich with sea kelp, vitamins, and nutrients that hydrate and leave a matte finish on your skin. 50 ml, P13,700, available at Rustan's Makati and Shangri-La Plaza.

### C. JACK BLACK Pure Clean Daily Facial Cleanser

A 2-in-1 facial cleanser and toner with aloe and sage leaf that removes dirt and oil for clear, smooth, and shave-ready skin. 177 ml, P1.050. available at Fresh Fragrance Bar, Alabang Town Center, Eastwood Mall, and Century City Mall.

### D. HERBALIFE SKIN Energizing

Energizing Herbal Toner

Try this

botanical-based toner to gently hydrate and condition your skin after washing, preparing it for moisturization. 50 ml, P776, for orders visit www.herbalife.com.ph.

### E. HERBALIFE SKIN

Polishing Citrus Cleanser

Remove impurities and sebum, and revitalize your skin with this citrus-infused light gel with polishing jojoba beads. 150 ml, P1,022, for orders visit www.herbalife.com.ph.

### F. DOVE MEN+CARE

Strengthening Shampoo This fortifying

shampoo infused with caffeine and trichazole actives helps prevent hairfall. 170 ml, P129, available at leading drug stores, supermarkets, and department stores.

### G. SALVATORE FERRAGAMO

Acqua Essenziale Colonia Eau De Toilette

Update your scent with this fresh, modern, and sophisticated fragrance with bursts of aquatic accords, bergamot, lavender, clary sage, orange blossom, and vetyver. 100 ml, P4,750, available at leading department stores.

# SXT

priorities in your 30s but it's still important to protect your skin to prevent early signs of aging.



### H. KIEHL'S **Midnight Recovery** Concentrate

A combination of various botanical and essential oils to replenish lost lipids, regenerate your skin at night, and ensure healthier and more vibrant skin in the morning. 30 ml, P2,895, available at Kiehl's, Greenbelt 5, SM Mall of Asia, **Power Plant** Mall, Shangri-La

Plaza, and

TriNoma.

### I. PHILOSOPHY

The Microdelivery Peel

This microdermabrasion treatment system with vitamin C peptide crystals and lactic/salicylic acid activating gel resurfaces and replenishes your skin. 60 g jar + 60 ml bottle set, P3,995, available at Philosophy, SM Mega Fashion Hall, Greenbelt 5, and Glorietta 4.

### J. NIVEA MEN Invisible Anti-

perspirant Aerosol It provides white

mark protection

available at

stores,

stores.

on black clothing, and anti-yellow staining on white clothing while keeping you dry. 150 ml, P189, leading drug supermarkets, and department

### K. THE BODY SHOP

**Maca Root Deodorant** 

Protect against underarm odor while softening and moisturizing your underarm skin with this aluminum-free, natural and fresh smelling deodorant stick. 75 g, P595, available at The Body Shop, Glorietta 3, SM Mall of Asia, SM Megamall, and **SM City North** EDSA.

### L. GILLETTE

**Fusion Proglide** Flexball Razor

Get the best shave

for sensitive skin with a razor that responds to your facial contours using five thinner and finer blades for comfort, and a precision trimmer for edging. P499, available at leading drug stores, supermarkets, and department stores.

**SERIES** Moisturizing Shave Gel

M. GILLETTE

A shave gel with cocoa butter that hydrates to soften hair, lubricates to help protect skin, and refreshes after shaving. 198 g, P189, available at leading drug stores, supermarkets, and department stores.

### N. SHISEIDO

Perfect UV **Protector** SPF50+-PA++++

Formulated with SuperVeil-UV 360 and WetForce technology, this sunscreen is very resistant to water and perspiration. UV protection increases when wet, so your skin is always protected. 50 ml, P2,100, available at Shiseido, Greenbelt 5, **Power Plant** Mall, SM Mega Fashion Hall, and TriNoma.



### A. LAB SERIES Pro LS All-In-One **Face Treatment**

Who said you can't have it all? This light, fastabsorbing formula soothes, moisturizes, reduces lines and wrinkles, and absorbs oil all at the same time. 50 ml, P1,700, available at Rustan's Makati and Shangri-La Plaza.

### **B. NIVEA MEN Anti-Aging Age** Repair Facial Foam

With Q10 and creatine, it deeply cleanses your skin to remove dirt and excess oil, and reduces signs of fatiguemaking you look radiant and younger. 100 g, P164, available at leading drug stores, supermarkets, and department stores.

### C. JOHN ALLAN'S Scrub Exfoliating **Face Cleanser**

This scrub contains volcanic pumice, jojoba, and oat protein to remove dirt from clogged pores, and removes dead surface skin cells to make your skin feel smooth and moisturized. 113 g, P895, available at Rustan's Makati, Shangri-La Plaza and Alabang Town Center.

### D. CLINIQUE FOR MEN

**Maximum Hydrator** 

Allergy tested and 100 percent fragrance-free, it rehydrates and relieves intense dryness. 50 ml, P2,360, available at Clinique, SM Mall of Asia, SM Aura Premier, SM Megamall, and Rustan's Makati.

### E. CLINIQUE FOR MEN

Sonic System **Deep Cleansing** Brush

Use this brush with your favorite face wash to remove debris and to make your skin look and feel clear, healthy, and energized. P5,600, available at Clinique, SM Mall of Asia, SM Aura Premier, SM Megamall, and Rustan's Makati.

### F. KIEHĽS

**Precision Lifting &** Pore-Tightening Concentrate

Enriched with yeast extract and geranium essential oil, this formula reduces the signs of aging by lifting your skin, reshaping facial contours, and reducing pore size. 50 ml, P3.695, available at Kiehl's, Greenbelt 5, SM Mall of Asia, Power Plant Mall, Shangri-La Plaza, and TriNoma.La Plaza.

### **G. LAB SERIES**

Age Rescue Water-Charged **Gel Cream** 

An intense hydrating antiaging treatment that prevents the look of wrinkles and fatigue, boosts natural collagen to repair lines and wrinkles, and to increase firmness. 50 ml, P3,200, available at Rustan's Makati and Shangri-La Plaza.

showing in your 40s, but it's never too late. As you age,



### H. AVEDA Invati Exfoliating

Shampoo

Get denser, stronger, thickerlooking hair with a shampoo that cleanses, exfoliates, and renews your scalp. 200 ml, P1,700, available at Aveda, Greenbelt 5, SM Makati, and Basement Salon, Shangri-La Plaza.

### I. AVEDA

Invati Scalp **Revitalizer Spray** 

Thinning hair? Revitalizing Densiplex with turmeric and ginseng reduce hair fall and increase visible hair density. 150 ml. P3.400. available at Aveda, Greenbelt 5, SM Makati, and Basement Salon, Shangri-La Plaza.

### J. DENTISTE'

Freshen your

**Natural Oral Rinse** 

breath, protect your gums, and prevent cavities with a pHbalanced mouthwash with xylitol and natural extracts. 190 ml, P225, available at Watsons, and leading supermarkets and department stores.

### K. DENTISTE' **Nighttime** Toothpaste

A toothpaste with vitamin C, xylitol, and natural extracts for strong and clean teeth, and healthy gums. 100 g, P238, available at Watsons, and leading supermarkets and department stores.

### L. PHILIPS

SensoTouch 2D **Electric Shaver** Get a smooth.

close, and comfortable shave-wet or dry- with an electric shaver that tilts and pivots to the curves of your face. P11,899, available at leading department stores and appliance stores.

### M. YVES SAINT **LAURENT**

L'Homme Sport **Eau De Toilette** 

This aromatic woody scent exudes freshness with notes of bergamot, lentisc, and vetiver. 100 ml, P5,700, available at leading department stores.

### N. BVLGARI MAN

**Extreme Eau De Toilette Intense All Blacks Limited Edition** 

An intense yet elegant, fresh, and woody fragrance for a man who is powerful, strong, and virile. 100 ml, P6,040, available at leading department stores. ■

# **UNLEASH THE**

# THIS IS THE RUGGED RIDE YOU'VE **ALWAYS** WANTED, AND THEN SOME

BY GABRIEL A. **PANGALANGAN** PHOTOGRAPHS BY **MIKKO DAVID** 

### **IMPOSING PRESENCE**

Nissan's new pick-up is a headturner for all the right reasons. Its beefy build, well-defined fenders, and sharp cuts create a strong image that helps you stake your claim on the road, but the sweeping lines add some finesse to the otherwise rugged exterior. The statement, thanks to its wide chrome grille and distinctive LED headlamps. The tailgate comes with a sporty rear spoiler for extra flash. Eighteen-inch alloy wheels on the 2.5 4x4 VL top variant complete the package.





You don't usually equate trucks—especially one this tough-looking-with comfortable driving, but the NP300 Navara's rigid five-link suspension gives you a smooth, stable, and comfy ride no matter where you go. We took this bad boy off-road, on the highway, and up and down some winding roads, and we were utterly impressed with how well it ripped through the terrain. "The Navara also uses

coil springs instead of the usual leaf springs, making the ride much like a sedan's," says NP300 Navara owner RC Balatbat, an e-commerce executive at US Auto Parts.

Despite its size, the Navara was easy enough to maneuver through rush-hour EDSA traffic. On the open highway, its acceleration was better than what you'd expect from such a large vehicle. With responsive brakes and a powerful engine, this truck provides an enjoyable driving experience whether on or off the road.



### NISSAN NAVARA 2.5 4X4 VL

2.5-LITER DOHC **FOUR-CYLINDER** TURBODIESEL

HORSEPOWER (HP): 187HP @ 3,600RPM

TORQUE (NM):

450NM @ 2,000RPM

TRANSMISSION: 7-SPEED AUTOMATIC WITH **MANUAL MODE** 

SEATING:

P1,108,000



## **SWEET SOPHISTICATION**

It's a treat to be in the driver's seat. The push-button ignition and the steering-wheel-mounted controls are convenient, the latter allowing you to manage audio preferences, cruise control, and Bluetooth telephony without taking your hands off the tiller. On the dashboard, an Advanced Drive-Assist Display shows you all the important info like the time, your transmission setting, and fuel consumption. And next to the gearshift, you'll find a dial that allows you to go from 2WD to 4WD

The double-DIN, six-speaker multimedia system with aux-in, USB, and iPod connectivity is also impressive as it pumps out bassthumping beats that make long drives a bit more bearable. But the most helpful feature of this ride has got to be the rearview camera, particularly when you're reversing the 5.255-meter length into a tight parking slot.

The awesome innovations aren't limited to the cabin, either. Under the hood, you'll find a 2.5liter intercooled turbodiesel engine. Aside from having more horsepower and torque than the previous model's motor, it's also 19 percent more fuel-efficient.





## **OM TO SPARE**

The NP300 Navara's bed is 1.503 meters long, 1.56 meters wide, and 74.7 centimeters deep, providing ample loading space for heavy and bulky cargo. As a bonus, it's much lighter than other pick-up beds, and the weight saving boosts overall fuel economy.

Inside the double cab, front and rear legroom are plentiful, and there's a rear A/C vent to boot. This truck will have no trouble accommodating your entire family or barkada, plus luggage and gear, for those out-of-town drives.



The NP300 Navara may be a beast, but it still deserves some TLC. Follow US Auto Parts executive RC Balatbat's tips to keep your ride roaring for years to come

1. Be O.C. Keep your pick-up bed clean, and if possible, invest in a bed cover to secure and waterproof your cargo, as well as to prevent dirt from building up. Go with a detachable cover so you can swap it out for a detachable bike rack as needed.

### 2. Strap It In

It's a must to carry two sets of ratchet-type cargo straps for keeping your heavy items secure. You can latch these straps to the four hooks at the sides of the bed.

### 3. Watch Your Weight

This ride is built for abusive road conditions, but don't overload it. While the Navara can carry big items like a fridge or a sofa, it might bottom out if loaded with heavy-duty construction items.







### **CONTROL CENTER**

Playing high-quality files requires an equally powerful AV receiver. Try the @ DENON AVR X5200W (P118,000). This 4K ultra-HD unit with built-in Bluetooth, Wi-Fi, and AirPlay lets you watch what you want, how you want it. Featuring Dolby Atmos surround sound decoding, it also enables you to hear movie audio like never before. "Paired with a capable speaker system, you can get dramatic and pinpoint sound imaging, just like in an Atmos movie theater," adds Jumarang.



### SUPERIOR SIGHTS

Of course, it's not all about the sound. You've gotta have great visuals, too. Don't settle for a flatscreen TV: go all out with a superior projector like the ① OPTOMA HD26 (P30,000+). Aside from HD, it can also project in 3D for an even more enthralling experience. Just don't watch any of the Insidious chapters at night, alone. That's also fairly selfexplanatory.

Here's a pro tip: You don't have to get all these in one go (unless you have around P800,000 to spare-in which case, let it burn, baby). Start with the most basic: the projector, the AV receiver, then the speakers. Save up for the surround sound system and the amp for your next shopping spree. "In the end, it's up to what works for you and your wallet. "Don't be intimidated by price. There's equipment for every budget and every experience," says Jumarang.







Price: P99.995 (available at PC Express) **Best for: Grand** Theft Auto V and Assassin's Creed Rogue

### LIGHT YEARS AHEAD **ALIENWARE ALW17-5312SLV**

"Alienware is synonymous with PC gaming," says Ed Geronia, technology officer at Sari Software Solutions. "This 17-inch beast should be at the top of your list if you are looking for one of the best-built gaming laptops out there." The

ALW17-5312sLV offers no compromises in its lightning-fast internals and decked-out frame. down to the customizable backlighting on its mechanical keys. Go for the newest version if you can snag one-it's compatible with the

Price: P106,000 (available at Lazada.com.ph) **Best for: Far Cry** 4 and Dirt Rally

Alienware Graphics Amplifier, an added accessory that allows vou to connect an external video card and bypass the laptop's own GPU. Not an elegant solution, but on a laptop, it's the closest you can get to a graphics upgrade.

# NEW METAL

### ASUS ROG G750JS-T4001H

This 15.6-inch gaming rig is a no-nonsense performer that's low on the bling but hits all the sweet spots in terms of speed, storage, and size. "At more than four kilograms, it goes into the desktop replacement territory while packing some serious hardware, especially a powerful Nvidia graphics card," Geronia notes.

# BANG FOR YOUR BUCK

### MSI GE60 2QD

If you're not looking to play the latest and greatest game releases at ultra settings, then this mid-range laptop suits your needs. "A true portable with a price that doesn't break the bank, this 15-inch gaming PC is no slouch with its Core i7 CPU and Nvidia GeForce GTX 950 video card," says Geronia. After all, some of the most popular PC games like Counter-Strike: Global Offensive, DOTA 2, and Diablo III are not so graphics-intensive, so if you're planning on spending the bulk of your time playing these games, trust us, the MSI GE60 2QD will definitely deliver, and then some.



# GAMING ON

### BY VINCENT COSCOLLUELA

Across all platforms, the best games at the best prices belong to PC. And with virtual reality looming on the horizon, there's no better time to be a PC gamer. But if the thought of being tied to your desktop sounds unappealing, try a gaming laptop instead. It gives you the best of both worlds—the real and the virtual—and complements an active, on-the-go lifestyle. Choose from best gaming laptops available to get your game on anytime, anywhere

OCCAM'S RAZER Price: P99.999 **RAZER BLADE 14** (available at VillMan) Best for: Batman: Arkham Knight and Battlefield Hardline

Simplicity at its best, the Razer Blade mirrors the elegance of a MacBook Pro, but possesses none of the graphical fragility. "Despite its size, it packs quite a powerful latest-gen Nvidia GeForce GTX 970M graphics chip," adds Geronia. Weighing in at less than five pounds, the Blade is just over half an inch thick. Factor in its multi-touch, QHD+ screen (that's 3200x1800 pixels of resolution, if you would) and you've got this baby at the cutting edge of ultraportable gaming.



TOOLS

Pick the best belt



3 FUEL More protein, less fatty meats



MUSE Learn to dig deep



NUTRITION Your muscles' super bowl



KNOWLEDGE TO GET YOU FITTER, FASTER, AND STRONGER EDITED BY WAYNE JOSEPH TULIO AND GABRIEL A. PANGALANGAN

Get football fit, then bullrush the competition

By Katrina C. Guevarra Photographs by Migs Castro



# COACH





### **BE A TEAM PLAYER**

If you want to survive on the field, this is a must. "Camaraderie is a big thing in football," Bell stresses. "When a team is in sync, there's a sense of structure and discipline, especially with diet and fitness." True enough, a study published in the Journal of Consulting and Clinical Psychology found that people are more likely to achieve a goal, such as weight loss, when pursuing it as a group.



You can be deemed too small, too short, too skinny, or too fat for some sports. But there's one that doesn't discriminate, one sport that fits all: American football. Yes, that kind of football where your feet barely touch the ball.

"Big players excel here, but this is a game where you have many roles for different body types," says Apollo Angco, manager and cofounder of the Pilipinas Aguilas, the country's national tackle football team. True enough, from Yokozuna-esque linebackers that protect the QB to Kevin Hart-sized running backs that cut through defenders, there's a position on the field for everybody.

Fair warning, though, for those about to dive into the gridiron: Make sure you can survive it. Put on those pads and up your football IQ with these tips from the pros.

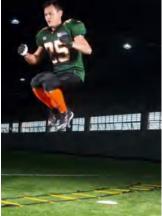


### **CHOMP FOR POSITION**

It's best to adjust your diet to the position you play on the field. "Wide receivers, who do a lot more running than defensive players do, need more carbs in their diet so that they'll have more energy," notes Michael J. Bell, current Aguilas coach and commissioner of ArenaBall Philippines, the first American football league in the country.

Defensive and offensive linemen, on the other hand, are advised to have a high-protein diet to complement the heavy lifting they must do in the gym. Another way to get football fit, adds Bell, is to swap a Filipino favorite for a much healthier alternative: "Football athletes need to eat right, and white rice isn't gonna cut it. Go for brown or red rice instead." Sound advice, because these grains are superior to white rice in fiber content, minerals, vitamins, and phytochemicals. As a bonus for long-term health, brown rice can lower your risk of type-2 diabetes by 16 percent, according to the Harvard School of Public Health.















### TRAIN FOR THE GAME

The stop-and-go nature of football requires you to execute explosive plays with minimal recovery time in between. If you aren't ready for this pace, you might find yourself on the wrong end of a hard tackle. "Conditioning is a priority," says Bell. To boost your field stamina, go for short running drills with sudden changes in direction as you run forward, backward, laterally, and diagonally. Aguilas lineman Thor Carillanes also emphasizes the importance of explosive power: "Kung hindi ka explosive, madali kang ma-o-overpower ng kalaban," he warns. Develop your fast-twitch muscles with the "Fit Blitz" football circuit for quick bursts on the pitch. ■

# Fit Blitz

Think you can hang with the country's American football elite? Try this circuit for size

### Instructions

Do each exercise for the prescribed number of reps before moving on to the next until you complete all exercises. That's one set. Go for 3 to 5 sets.





### SHIN HOPS

- 1. Kneel on the ground with your butt on your heels and your hands extended back.
- 2. In one fluid motion, swing your arms forward and push your shins off the ground. Land with your feet shoulder-width apart in a squat position. Do eight reps.



### JUMP SWITCH LUNGES

- 1. Assume a lunge position with your left leg in front and both knees bent.
- 2. Jump up, bringing your right knee forward and your left leg back at the peak of the jump. Bring your legs back to starting position as you land. Do this for eight reps, then switch sides.



### LATERALS

- 1. Stand with your feet wide, your knees bent, and hands in front of you. Step to your left with your left foot, and push off with your right foot.
- 2. Keep this going for 50 meters, then head back to the starting position, this time stepping to your right and pushing off with your left foot. That's one rep. Do eight.



### **MOUNTAIN CLIMBERS**

- 1. Place your feet and hands on the ground, putting your hands shoulder-width apart and your feet hip-width apart.
- 2. Quickly lift your left foot off the ground and bring your left knee as close to your chest as possible. Return your left foot to starting position, then bring your right knee as close to your chest as possible. That's one rep. Do eight.

# ONE STEP BACK, TWO STEPS FORWARD

How taking active rest days can lead to better gains

By Paulo Sotelo, F.M.S.C.

### MUSCLE GROWTH DOESN'T HAPPEN DURING YOUR beast-

mode workouts—it occurs when you rest in between. Rest days are important because that's when your body repairs itself to make you bigger and stronger.

But don't just sit around all day watching Maja Salvador twerk it like Miley, thinking: "I'm growing my muscles right now." Instead, make your rest day a little more active. Doing so not only makes you move more, but also speeds up muscle repair so you're ready for your next bout of grueling exercise. Aim to employ one of the following strategies on your next day off to help you bust plateaus faster than the loading time of a twerk video.

### **RECOVERY BOOST #2:**

### LIMBER UP

Your goal in active recovery is to make the most of your day off and help you get back to training hard. A good way to do that is to dedicate a day for foam rolling, stretching, and doing mobility drills. A conference paper presented by scientists from Switzerland's University Hospital of Lausanne found that using a foam roller helps reduce delayed onset muscle soreness (DOMS), improves range of motion, and lessens the effect of DOMS in succeeding performance. Researchers suggest rolling each targeted muscle group for 20 to 60 seconds. Combine that with stretching and mobility work, and you're basically making your body move better.

### **RECOVERY BOOST #1:**

### DO A LIGHT WORKOUT

When you train hard, your muscles break down and get micro tears. Your body needs time to repair itself especially after going all out. While a day off in bed sounds like the best recovery measure, a low-intensity mobility or cardio session is a better option. "Doing light activity on rest days accelerates repair by cycling key nutrients through your muscles," explains Brad Schoenfeld, Ph.D., C.S.C.S., author of *The M.A.X. Muscle Plan*. That's because you get your blood to circulate better and head straight to your muscles faster.

### EAT WELL, RECOVER FASTER

Aside from being the body's fuel for energy, food also serves as a transitional tool to help your body function more efficiently. explains John Berardi, Ph.D., C.S.C.S., one of the founders of Precise Nutrition. This includes the ability of your muscles to recover. Make sure you eat nutrient-rich food post-workout and on recovery days to help speed up your body's repair mechanisms. Get protein from lean meats and a good dose of nutrients from fruits. vegetables, and healthy fats so you can push harder in your next workout.





# RX: COMPLETE REST

Exercise is supposed to help you rather than put you in a lot of hurt. Take a step back once you spot one of these four signs

You feel beat up after working out, and even on days after it.

If you're a bit more exhausted rather than energized after exercising, there's a high probability you're over-training. Still too tired the next day? Don't lace up those shoes and just kick back instead.

### You're restless in bed.

Restlessness during sleeping time despite knowing you're tired and feeling fatigued during the day is another indication that you're training too much. If you don't get enough sleep, you won't feel super the next day. Review your regimen to see where you can cut back.

### It's been days and you're still sore.

A famous quote says: "Pain is weakness leaving the body." That's well and good, but if you're still feeling sore days after your recent workout, take it slow instead of pushing hard again. Use the day to stretch and foam-roll to get your muscles ready for, er, more pain. The good kind, of course!

### No push today.

If you're feeling less motivated than usual, try doing a different workout to shake things up, or just give yourself a pass to skip it. The guilt might bring back the motivation you're lacking.

### **INSIDER TRAINING**

Aside from being the senior coach of 360 Fitness Plus in Alabang, Paulo Sotelo, F.M.S.C., is a strength coach certified by the following organizations: Functional Movement Systems, International Kettlebell Sport and Fitness Academy, Columbus Weightlifting, and TriggerPoint Performance.

# BUCKLE UP AND RUN

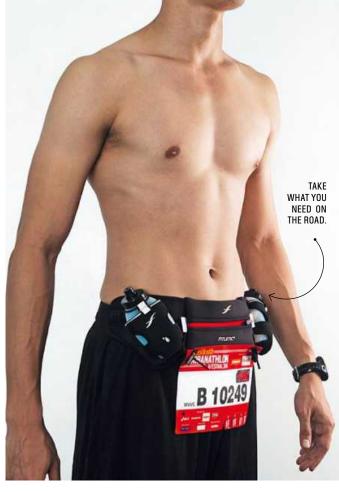
Why the running belt is the present-day runner's BFF, and how to choose the right one that won't hold you back

By Brolz Giron • Photographs By Migs Castro



THERE ARE THOSE WHO run as a form of exercise and an escape from all troubles, at the same time, those who run with nothing but shoes (heck, others even go barefoot), shorts, shirt, and willpower. "During my competitive years, accessories didn't matter. That's because when you're running long distances, less is more," says Titus Salazar, a certified IAAF Level 4 running coach who got his running start competing for the Philippine Army. "But these days, it's almost a necessity to have everything within reach, even when running recreationally."

It's more than safe to say that the running scene has changed greatly. Car keys, water bottles, and smartphones for GPS tracking and the occasional post-run selfie—these are some of the things many runners choose to carry with them. Now, none of us were born to run carrying all this stuff in our hands. Enter the running belt, which allows you to bring such valuables wherever and whenever you run. But before adding a belt to your running arsenal, consider these three factors first.





A lightweight belt ensures that your movements won't be restricted, and there's no extra weight to slow you down. "Kapag pagod ka na at mahaba yung distance na tinatakbo mo, ma-fi-feel mo yung effect ng extra weight kahit na small weight lang siya," warns Mervin Santiago, a Santé Barley Triathlon Team member and Santé Training System fitness coach. Try the Race Number Holder with Gel Fitletic belt (P499, Toby's Sports shops). It's light and non-abrasive, and helps you take as many as six energy gel packs with you.



### WATER RESISTANCE

Salazar emphasizes the importance of a water-resistant belt so that your valuables are protected from water and sweat. Also, if a belt doesn't absorb water, it won't add extra weight. Try the new Hydration Belt from Fitletic (P1,699, Toby's Sports shops). It comes with everything you need, from two water bottles, to bib toggles, to a small pouch for your belongings. You can also fit your phone in the pouch without worry of water damage, thanks to the water-resistant neoprene material.



### ÊIT

Your running belt should be secure without compromising comfort. It also shouldn't ride up your waist or move down your hips as you run. To guarantee a snug fit, try on the belt and jog around a bit. Salazar's advice: Go for a belt with elastic, conforming material. Try the Ironman Revenge R20 by FuelBelt (P1,795, Toby's Sports shops), complete with two water bottles and a small pouch for your phone or car keys. Its new S2 Velcro (which stands for "super soft") holds really tight and secure. ■

# COACH

# UP YOUR PROTEIN GAME

Try these uncommon meats for more than just muscle gains

Words and Photos by Gabriel A. Pangalangan



THERE'S NOTHING WRONG WITH CHOMPING ON a lean steak for your post-workout meal—after all, it's packed with muscle-building protein. But it's time to try other chops that offer a very attractive benefit: plenty of the good stuff and less of the bad.

Horse, crocodile, and ostrich meat offer a natural source of protein with way less fat as compared to beef. Add these three rare cuts to your diet and let the gains begin.





Try it at Gabe's Home Grown Dishes, 143 Katipunan Avenue, Barangay St. Ignatius, Quezon City



The horse is a very muscular and lean animal, and its meat can help you say the same about yourself. "Based on research, horse meat contains glycogen and is much leaner than beef," says Dan Panlilio, owner of Gabe's Home Grown Dishes, which is known for its Horseylog dish. "A 100-gram serving of horse meat is good for one-third of the recommended daily intake of protein for adults." Horse meat is also rich in iron and omega-3 fatty acids, which can lower your risk of diabetes and improve the health of your heart, according to studies published in Diabetes Cares and Circulation. respectively.

KILLER CROC

### Try it at The Urban Café in Wilcon Builder's Depot, C5, Quezon City

You can liken croc meat to a lean pork chop because it has no marbled fat. It also has just 1.9 grams of fat for every 100-gram serving—just a fraction of the amount found in beef. "It's white meat and very lean. It's also low in fat and cholesterol," shares Careen Belo, owner of The Urban Café, which serves croc meat as *sisig*, burgers, and even *tocino*.



Try it at The Ostrich Farm, Blue Bay Walk, Libertad, Pasay City

An ostrich can run a sustained speed of

30 kilometers per hour-yeah, it's fast. Cooked right, its meat is also one of the juiciest and healthiest you can eat. "It's low in cholesterol, fat, and calories, and it's rich in protein and iron," says Chef Kristine Lim, chairwoman and CEO of Soguilon Foods Corporation, whose Davao farm breeds ostrich for



public consumption. This red meat looks a lot like beef when cooked, but that's where their similarities end. Ostrich meat's sweeter flavor is a treat to your taste buds, and its lower amount of cholesterol is wealth to your health. ■

### NUTRIENT COMPARISON PER 100 GRAMS (3.5 OUNCES)

		-	•		
MEAT	PROTEIN (g)	FAT (g)	CALORIES	CHOLESTEROL (mg)	
Beef	27	26	348	104	
Horse	28	6	175	68	Sources: nutritiondata. self.com, Coral
Crocodile	21	1.9	104	91	Agri-Venture Farm Inc.
Ostrich	22	3	123	80	_





# COACH

# Men's Health CB.15



### **DESIGNED BY**

Jason Hartman, C.S.C.S., former strength and conditioning coordinator for the U.S. Olympic Committee

### BEST FOR

Revving metabolism, burning fat, boosting stamina, and packing on lean muscle all over

### EQUIPMENT

Pull-up bar, kettlebell **CALORIES BURNED** 562\*

TIME 28 to 32 minutes

\*As measured by a fit 6'2", 185 lb man using a Polar M400 heart rate monitor

### RECTIONS

Do 10 reps of each exercise in Circuit A backto-back. Repeat, this time doing 9 reps per exercise, then again doing 8 reps. Now do 1 round of Circuit B (60 seconds per move). Do 3 more rounds of Circuit A in countdown fashion, with 7, then 6, then 5 reps per move, followed by another round of Circuit B. Complete 4 more rounds of Circuit A, counting down to 1 rep per move in the final round. End with 1 round of Circuit B. Rest

only as needed.

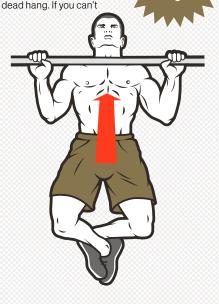


CIRCUIT

### 1/ Pull-up

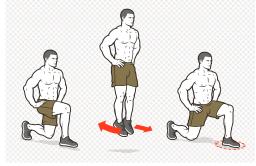
Hang at arm's length from a pull-up bar (a position known as a dead hang) using an overhand grip that's slightly beyond shoulder-width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and then slowly lower your body back to a dead hang. If you can't perform 10 pull-ups in a row, do inverted rows instead.





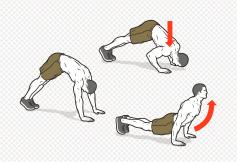
### 2/ Split Squat Jump

Step forward with your right foot and lower your body into a lunge position. Jump up explosively, switching leg positions in midair. Land with your left leg forward. Alternate legs with each jump.



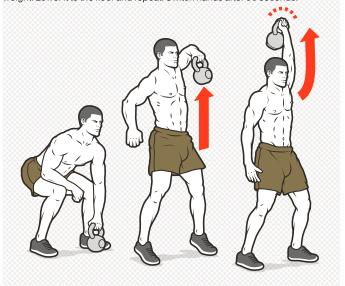
### 3/ Dive Bomb Push-up

Assume a push-up position, lifting your hips to form an inverted V. Lower yourself until your nose nearly touches the floor. Pull your body forward, straightening your arms. Return to the inverted V and repeat.



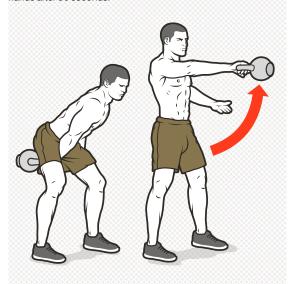
### 1/ Kettlebell Single-Arm Snatch

Spread your feet slightly beyond shoulder-width and use one hand to grab the handle of a kettlebell resting on the floor. In a single move, try to throw the weight at the ceiling (without letting go). Keep the kettlebell close to your body, allowing your forearm to rotate up and back as you bring yourself under the weight. Lower it to the floor and repeat. Switch hands after 30 seconds.



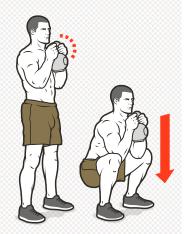
### 2/ Kettlebell Single-Arm Swing

Spread your feet slightly beyond shoulder-width and use one hand to grab the handle of a kettlebell on the floor in front of you. Push your hips back as you swing the weight between your legs and up to chest level. Continue swinging. Switch hands after 30 seconds.



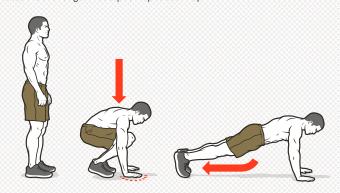
### 3/ Kettlebell **Goblet Squat**

Hold a kettlebell by the sides of its handle in front of your chest. Brace your abs and lower your body as far as you can by pushing your hips back. (Your elbows should brush the insides of your knees.) Pause, stand up, and repeat.



### 4/ Burpee

Stand with your feet shoulder-width apart. Push your hips back, bend your knees, and squat down, placing your hands on the floor. Quickly kick your legs back into a push-up position. Reverse the move to return to the starting position. Want to increase the challenge? Add a push-up to each rep.



### 5/ Kettlebell Deadlift

Spread your feet slightly beyond shoulder-width, push your hips back, and use both hands to grab the handle of a kettlebell resting on the floor. Stand up, thrusting your hips forward. Pause, lower the weight back to the floor, and repeat.



### CRUSH EVERY WORKOUT PRIME YOUR MUSCLES FOR ACTION



nervous system and extends your time to exhaustion," Hartman says. "Drink coffee 30



### WARM UP

Do jumping jacks and high-knees until you start to sweat. "Your cardio system is now of training," says Hartman.



### PUMP YOUR JAMS

Listening to uptempo tunes for even 90 seconds before exercising may help improve your performance, say U.K. researchers.



There's no stopping Dennise Lazaro from taking over Philippine women's volleyball. In fact, it's something she's been preparing for all her life.

Her parents had exposed her to various physical activities early on, so it was only natural for the former Ateneo star to find her calling at a relatively young age. "They enrolled me in ballet classes when I was a child, but after that, volleyball *na agad*. I fell in love with the sport right away," Lazaro recalls.

The feeling is obviously mutual. To date, Lazaro has won two collegiate volleyball championships, bagged numerous Best Receiver and Best Digger awards, and helped bring the Lady Eagles to the UAAP Women's Volleyball finals four consecutive times. Her winning ways have carried over to the commercial leagues. Her current team, the PLDT Ultera Ultra Fast Hitters, bagged its first Shakey's V-League championship back in May.

Aside from physical training, Lazaro says winning begins with how you set your mind to achieve your goals. Here, she shares the mentality that makes a champion.

### **KEEP CALM AND GET IN THE ZONE**

"When I have a major game coming up, I focus on it as much as I can. It's all I think about. I visualize what's going to happen. I try to remember the stuff we did during practice. But on the day of the game, I don't think about it too much anymore, para hindi ako ma-tense at ma-frustrate. It's important that I calm myself down. But really, it's not that hard to get in the zone when you're trained and well-prepared."

### FIND YOUR FORTE AND STICK WITH IT

"It's easy to keep going if you love what you do. You'd get up in the morning and not complain about it. Wala nang struggle—automatic na dapat. It's simple math: I have to work out and eat healthy to get the body I want. I have to train as much as I can to keep up with the best players in the sport. At the end of the day, I just really, really enjoy playing volleyball. That's all the driving force I need."

### STOP LOOKING FOR SHORTCUTS

"In Ateneo, we'd train twice a day, every day. We'd do skills and conditioning training. We'd run and lift weights. We'd even train during the off-season to maintain our endurance and resistance. It takes months, even years, to put yourself in a position where you can play at a competitive level. There are no shortcuts in any sport."



If you want more energy and faster muscle growth in one dish, go with the grain

By Trisha Bautista



### IT'S NOT YOUR TYPICAL

BREAKFAST PICK, but cereal has its unique selling points. It's filling and it doesn't take much time to prepare. It's a quick fix you can have for lunch or dinner. And a study by the Harvard School of Public Health found that a diet rich in whole grains and cereal fiber can help lower your risk of premature death from chronic diseases like cancer and diabetes.

"Some natural cereals such as muesli mixtures have high fiber levels and can be good for hitting our daily fiber requirement, which helps with bowel health," adds Chris Everingham, B.N.&D., A.P.D., A.N., a certified nutritionist and member of the Philippine Volcanoes rugby team. And here's a surprising treat: Cereals make for a versatile muscle-building meal pre- and post-workout.

Much like any quick meal, however, not all cereals are created equal. The fruity, chocolate-flavored, and supersweet types you enjoyed as a kid are not the ones you should eat. They'll just add inches to your gut-not the kind of gains you want. If you choose wisely, the right cereal is an ally that'll help you unleash more muscle while supplying you with energy for workouts. Follow these five simple rules to having a good bowl of grains.

### **CEREAL RULE #1:** CHOOSE THE GOOD KIND

Check the list of ingredients: It should have mostly unprocessed oats, wheat, and corn. Such cereals are packed with healthy fibers and protein, without artificial flavoring and sugar. "A better example of a cereal-type meal is muesli, which is a combination of oats, nuts, seeds, and dried or fresh fruit. It's a great source of fiber, protein, complex carbs, healthy fats, and vitamins and minerals." says Karl Jude Boo, an American Council of Exercise certified personal trainer, and owner and chef of The Six Pack Chef. If you're trying to build more muscle or lose weight, muesli is good to have on the ready.

# **CEREAL RULE #2:** TAKE NOTE OF GLYCEMIC INDEX OF THE INGREDIENTS

A bowl of cereal is like fast food: quick, easy to get, and potentially detrimental to your diet if you're not careful. "Cereals have carbohydrates as their energy source, and we need to be aware of the glycemic index (GI) load of the food. Highly processed cereals that come in boxes would have much higher GI," warns Everingham. High-GI foods cause a spike in your blood sugar-they make you feel hungry faster, and may lead you to overeat as a result. Prevent this by picking cereals containing oats or wheat bran. Both are low in GI and high in fiber, which ensures slow release of energy without messing with your blood sugar levels.



If you must buy from the supermarket, Everingham and Boo recommend that you watch out for these red flags on ingredients lists

1/ Dried fruits—these pack a lot of hidden sugars.

2/ Unnecessary carbs like rice flakes, wheat crackers, and granola clumps.

3/ Honey-coated anything. Honey may be a healthy

sweetener, but it does add to the total calories you'll consume.





### CEREAL RULE #3: CONSIDER YOUR FITNESS GOALS

Because cereal is made mostly of carbs, it can mess with your fitness goals if you're overweight or have high levels of body fat. If you have a leaner physique and moderately low body fat, then you can have your fill in moderation.

Oat-based cereals, in particular, are a great source of complex carbohydrates, protein, magnesium, and iron—all the nutrients you need to build solid muscle.

### CEREAL RULE #4: DON'T FORGET PROTEIN

Make sure you pick cereal that contains nuts, or you can add some to fortify your bowl and keep things interesting. "By adding different kinds of nuts, you're having more protein and healthy fats," explains Boo. What's more, a study published in *The New England Journal of Medicine* showed that daily nut eaters are less likely to die of cancer, heart complications, and respiratory disease. That's because nuts can help lower blood pressure and bad cholesterol levels.

# **CEREAL RULE #5:**KNOW WHEN TO EAT YOUR CEREAL

Yes, you can eat cereal outside of breakfast. "It can be a great meal—just make sure it's properly accounted for in your diet," advises Boo. Timing is crucial, too. "Your workout goals, level of training, and understanding of the effects that a particular meal will have on your performance will determine if it's good pre- or post-workout meal," notes Everingham. "Having a cereal meal 2 to 3 hours prior to training is fine. Eating healthy cereals directly after training is also good as long as it's tolerated well and it doesn't make you sick."

### MAKE YOUR OWN MUESLI

Looking through the cereal aisle in the supermarket can be overwhelming, with every brand screaming that it's "healthy." But if you examine the ingredients lists, you'll find a lot of hidden sugars and fats. Making your own muesli is not only cheaper—it also gives you full control of what goes in.

### Ingredients:

1 big pack of rolled or steel-cut oats as your base
1-2 100g packs of unsalted plain nuts for protein (almonds, cashews, walnuts, and macadamia nuts are your best bets)
1 pack of plain raisins to add just the right amount of sweetness

### Make it:

Combine all ingredients in a jar. Yep, that's all there is to it.

### Eating suggestions: 1. Top with fresh fruits

of the day (bananas for potassium, berries for antioxidants).

2. Eat with skim, non-fat, soy, or nut milk. Soak a bowl of cereal in your choice of milk overnight, then top with fresh fruits in the morning for a softer consistency. If you prefer crunch, add milk and fruits right before consuming.

# COACH

# STRONG AND STEADY RISE

Bigger, stronger, faster. Troy Rosario is built to take Philippine basketball by storm. Match his strength in this month's challenge

By Wayne Joseph Tulio• Photographs by Dix Perez



YOU MIGHT NOT KNOW TROY ROSARIO, but MH cover guy Kiefer Ravena certainly does. After teaming up with Rosario for the Gilas Cadets that won gold in the Southeast Asian Games back in June, Ravena understood why the Ateneo Blue Eagles always found it tough playing against Rosario's National University (NU) Bulldogs in the UAAP last year. "Nandun kasi yung 'Troy Factor," he explains.

A relatively average back-up center in his first two years

playing for NU, Rosario wasted no opportunity when he earned more minutes last season. He even bagged the Most Improved Player award as he jumped from averaging 3.8 points and 2.8 rebounds last year to 11.3 points and 8.4 boards. The 6'7" cager's strong play helped the Bulldogs nab their first UAAP title after 60 years. His impressive performance carried over to the SEA Games and the recently concluded FIBA 3X3 Manila Masters tournament, where his Manila North Team earned a runner-up finish.

The secret behind Rosario's surprising rise to fame? His

strong work ethic. He fondly recalls his days playing back-up in NU: He'd sneak into the school gym after the games, "para mag-work out nang extra para pawisan." It's a habit he hasn't stopped even to this day: "I spend extra time sa court, nagsho-shooting and working on all the things in my game that need to improve. At yun, ngayon inaani ko yung bunga ng hard work ko noong time na yun."

His extra work also extends beyond the basketball court. "Every day, meron akong workout. Sa gym, I work on my core, back, and legs," Rosario shares. "Kung wala ako sa gym, sa apartment I do bodyweight exercises—mga 100 push-ups or crunches. Lahat ng pwede kong gawin to help improve my game, ginagawa ko para makamit ko yung

Those who've worked with him will attest that the 23-yearold is bound to be a star in the Philippine Basketball Association, thanks to his natural abilities and his training approach. "He's really athletic," observers Dexter Aseron, P.T.R.P., C.S.C.S., strength and conditioning coach of Gilas Pilipinas. "When you see him drive to the basket and dunk, you can see he has the strength, power, and speed. For a guy as tall as him, bihira ka makakita ng ganun."

Just how athletic is Rosario? We asked Aseron to subject him to three fitness tests to check his speed, strength, agility, and muscular endurance. Try it yourself and see how you stack up. Fair warning: You may have a better chance of scoring against Rosario on the basketball court than topping his numbers in this challenge. ■



# **Conquer Troy**

TROY ROSARIO DID THREE FITNESS TESTS CONDUCTED BY GILAS PILIPINAS STRENGTH AND CONDITIONING COACH DEXTER ASERON, P.T.R.P., C.S.C.S. TRY YOUR LUCK AND SEE IF YOU'RE PRO MATERIAL



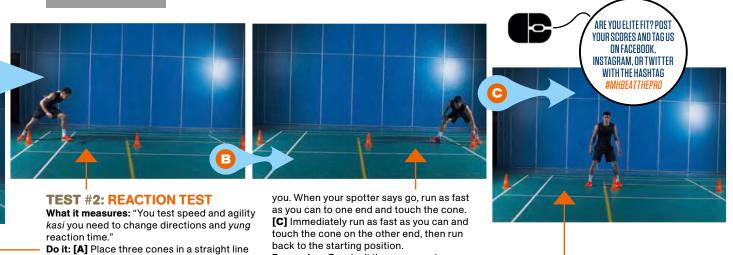


### **TEST #1: 1-MINUTE PUSH-UP TEST**

What it measures: "It specifically tests muscular endurance, upper body, and core strength since you have to keep going for one minute."

Do it: [A] Set your timer to one minute and assume the push-up position with your hands on the floor, your arms straight, and your weight resting on your toes and hands. There should be a straight line from your shoulders to your heels. [B] Lower yourself by bending your elbows until your chest is almost touching the floor. Push yourself back up to the starting position. Keep going for the full minute or until your form falters.

Remember: Make sure your chest gets close to the floor. Rosario's number might not be excellent, but each rep he did was done correctly. "Yung form niya tama all the way up and down. Full push-up talaga," stresses Aseron.



Remember: Touch all the cones and go as

fast as you can.

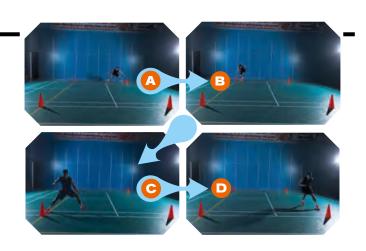
### **TEST #3: LANE AGILITY DRILL**

eight feet apart from each other. Stand in the

middle behind the middle cone, and assume an athletic stance. [B] Have someone time

What it measures: "You test [game] speed and agility since it simulates the movement done in basketball, so may run, shuffle, at backpedal ka." Do it: Place a cone on each end of the free-throw line and parallel to the baseline. If you're not on a basketball court, make an imaginary rectangle with four cones 16 feet wide, and 19 feet long.

[A] Assume an athletic position on one end of the free throw line. Have someone time you. As soon as your spotter says go, shuffle sideways toward the other end. [B] As soon as you reach the other end, run forward to the second cone. [C] As soon as you reach the cone, shuffle sideways to the third cone. [D] Once you reach the cone, run backwards to the first cone. Upon reaching that, run forward and perform each step in reverse until you end up in the starting position. Remember: Do this drill as fast as you can. Look forward throughout the drill.



# RUCK-SOLID BODY

Shed fat, improve your posture, and strengthen your core just by walking with a weighted backpack

By Wayne Joseph Tulio



I LOST THREE POUNDS IN TWO weeks while I was on vacation—meaning I ate a lot, drank my fair share of Aussie booze, hardly stepped in the gym, and even lost weight. No kidding, no BS. Chalk it up to all the walking and hiking I did, considering I carried my heavy backpack full of important documents, clothes, water, and gadgets wherever I went. I thought to myself at the time that I might have found a fast, easy way to lose weight. But a simple Google search revealed I'm not quite the genius I thought I was.

Walking with a weighted backpack, otherwise known as rucking, is an emerging fitness trend worldwide. But it's not exactly a new concept, either. Military forces around the world have for years trained by marching with their rucksacks (military speak for backpack) loaded with battle and survival gear. While buzz-cut soldiers shoulder up to 200 pounds on their backs, you don't have to carry that much load to get their physique. Understanding how rucking works and how you can add it to your routine can help your body get fighting fit.



Carrying a weighted
backpack as you walk sounds
simple, and that's the beauty of
rucking. "It targets your core agad,"
explains Charmie Tomaneng, senior
coach at 360 Fitness Club in Quezon City.
"You also activate your back muscles and your
glutes to carry the weight as you walk."
Because you're tapping more muscles, you also
burn more calories in the process. According to
the Compendium of Physical Activities, an
average guy walking for 30 minutes burns
125 calories. Throw in a backpack and
you burn 200 more—just by adding
some weight to an otherwise
leisurely walk.

Another benefit of rucking is it helps your posture immensely. We spend our days sitting down, and often, a forward lean occurs. "Kapag sinuot mo na yung backpack sa likod, ang automatic action ng body is the upright position, which is good posture," says Tomaneng. But it does get tricky once you start walking with extra weight, she adds: "Mahirap kapag naka-round yung back; it can cause injury. Once you do it, make sure you engage your core, keep your chest out, and clench your butt." Regular rucking also eases back pain, as you stand more upright. "The net effect is that less compression is put on your spine, and the flexed forward posture that inflames the disc is reduced," notes Stu McGill, Ph.D., professor of spine biomechanics at the University of Waterloo in Canada and author of Ultimate Back Fitness and Performance.

# Stand Tall

# Start Your Rucking Habit

INCLUDE THIS EASY ACTIVITY
IN YOUR WEEKLY ROUTINE BY
FOLLOWING THESE FOUR STEPS

### **MAKE A SOLID PACK**

You don't need fancy equipment. Find an old, sturdy backpack and fill it with your desired weight using dumbbells or weight plates, and you're good to go. "You can also use water bottles or books instead of weights," suggests fitness coach Charmie Tomaneng. If you're using the alternatives, just make sure you countercheck with a weighing scale so you know how much you'll have on your back.

### **PREP FIRST**

Just because it's a walk it doesn't mean it's easy on your muscles. Don't skip your warm-up. Do dynamic leg stretches as well as core-activation moves like planks prior to walking with a pack.

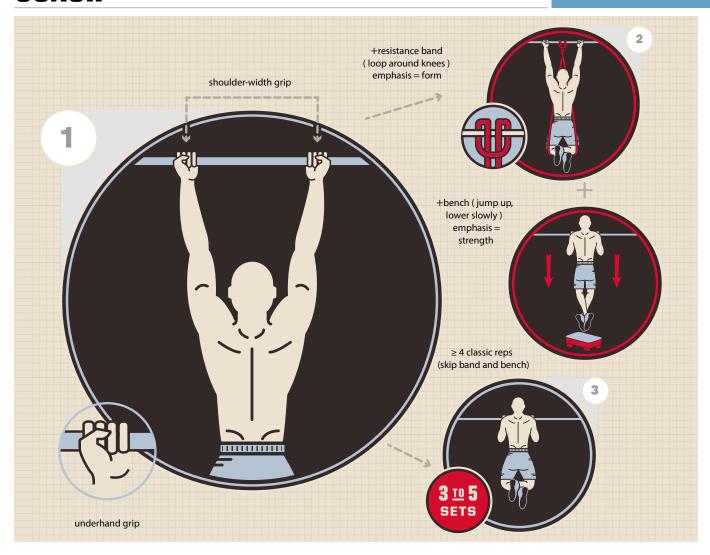
### **DO IT GRADUALLY**

"Start with five pounds. If it's too light, add weight in increments of five pounds," advises Tomaneng. Go for a short distance or time first. If you feel tired, rest until you can go again. Only add weight once you can easily walk longer distances for more minutes.

### **MAINTAIN POSTURE**

The heavier your bag gets, the more you need to mind your posture. A simple way to make sure your spine is aligned is to tuck your chin in. Aside from the backpack taking care of your posture, tucking your chin ensures you neck is straight, keeping everything else in line, says strength coach Paulo Sotelo.

Even with extra weight, walking doesn't seem as intense as going for a short jog or run. But according to a study published in the British Journal of Sports Medicine, the injury rate for jogging goes from anywhere from 20 to 79 percent. When you go rucking, you also strengthen your body as a side effect. "It's basically similar to lifting weights because your core is trying to stabilize your posture and your body as you walk, and in turn, you hit more muscles," explains Paulo Sotelo, F.M.S.C., senior coach at 360 Fitness Plus in Alabang. Having stronger muscles all over means less chances of injuries. Your endurance stands to benefit immensely, too. "It's a total effort because more muscles are being recruited to maintain your posture as you walk, and the longer you go, the more effort you put in," Sotelo says. Rucking is easy enough and a practical substitute to a cardio routine. If you need motivation, just think that you're training yourself for that backpacking trip you've had on your bucket list for some time. I'm certainly using that as motivation.



# DO 10 PERFECT CHIN-UPS

Sometimes the best way to push yourself is by using a little pull. Conquer a classic strength benchmark with this 3-step plan

Illustration by Two Arms



YOU SET THE BAR HIGH IN every aspect of your life—at home, at play, especially at work. But when you're asked to pull your weight up to it, you—like a lot of guys—might fail. "The chin-up is one of the toughest exercises for the same reason it's so powerful: It hits every muscle in your upper body," says Tony Gentilcore, C.S.C.S., cofounder of Cressey Sports Performance. "And because it's a body-weight move, it's a great indicator of relative strength, or how strong you are for your height and weight."

Many guys avoid the chin-up like *Kris TV*, preferring the relative ease of lat pulldowns. But not you—not anymore. This project will help you not only pass the bar but also prove you're a man who pulls his weight.

### What You'll Need

CHIN-UP BAR
RESISTANCE BAND
FLAT BENCH
PERSEVERANCE

### How to Do It

- 1. First, determine your starting point. Hang at arm's length from a chin-up bar using an underhand, shoulderwidth grip. Pull your chest to the bar as you squeeze your shoulders together. Pause, and slowly lower yourself back to the starting position. Do as many as you can. Repeat this test every week to gauge your progress.
- 2. Were you able to do at least four chinups? Then skip to step 3. If not, then work up

to it by performing the following chin-up variations once or twice a week. "The assisted chin-up helps you perfect your form, while the negative chin-up develops your pulling strength," says Gentilcore.

### BAND-ASSISTED CHIN-UP

Loop a resistance band around the bar, thread one end through the other, and pull to cinch the knot. Place one or both knees into the loop and then do a chin-up. Do three sets of 8 to 10 reps.

### NEGATIVE CHIN-UP

Remove the band and stand on a bench. Jump up and grab the bar, using momentum to pull your chest to it. Hold for two seconds. Take five seconds to lower yourself to the bench. Do three sets of 4 to 6 reps.

3. Once you can do at least four chinups, move on to unassisted sets. A key requirement: "Don't lift to failure," Gentilcore says. "Every rep should be powerful." Say you can do six chin-ups max. Shoot for 3 to 5 sets of three reps (half your max) throughout the day. (Having a bar at home helps.) After a month, your max should increase by 50 percent or more, says Gentilcore. Once you reach a new max, cut those reps in half and repeat the process. Your goal: at least 10 reps with perfect form.

# SLASH FAT FOR GOOD

Learn from this rocker's journey on how he swapped flab with muscle

By Lio Mangubat



ON STAGE, GAB PALANCA IS THE 23-year-old bassist for rock band Never the Strangers. But unknown to most of the band's fans, he's also a competitive weightlifter. And just to round out the whole 'secret identity' thing even more—he also used to be very much overweight.

### THE WAKE-UP CALL

He used his weight to his advantage. In fact, he even relished it. Back in his university days, Palanca got into powerlifting when he began training under Bert Gayanes, a weightlifter who once hefted a massive 541.2 lbs in a back squat during a Powerlifting Association of the Philippines tilt.

Working out six days a week, Palanca aimed to join his first competition in four months—training on a punishing three-days-a-week schedule of squats, deadlifts, and bench presses. To solidify his team standings, he had to compete in the 105 kg (231.4 lbs) weight class. At the time, he "only" weighed 205 pounds.

"Just to make weight, I had to eat at a Chinese restaurant na talagang everything na makikita ko, kakainin ko," he recalls. He was able to hit 105 kg, and he scored two silvers and one gold. At his second powerlifting tournament—this time, a national competition—he was ranked third in his weight class. By this time, however, he began worrying about his health. "Pina-check ang blood pressure ko," Palanca says, "and hypertensive ako at just third year college."

### THE EXECUTION

Returning to Gayanes, he asked his coach to cook up a new plan—this time, for weight loss. The coach moved him to a program of high-volume, low-weight sets, and more important, set guidelines for eating. Palanca began eating clean, avoiding rice and fast food. Once he dropped his weight, he began tweaking his diet and program in order to retain lean muscle.

At the moment, he's stepped away from lifting competitively. "I accepted the fact that priority ko yung health ko," he says. But he can't stay out of the weight room for long. During this photoshoot in Gold's Gym Regis Center in Quezon City, he demos an impressive 265-lb low bar squat and a 345-lb deadlift. "There's a competition in November, and I'm



WEIGHT BEFORE

WEIGHT AFTER

**NAME** Gab Palanca

AGE 23

OCCUPATION Musician

REACHED HIS GOAL IN 6 MONTHS

LIFT SMART LOSE FAT, NOT MUSCLE!



starting my training cycles for that," he declares. "But I don't want to compromise my health. I'll stay in my weight class."

Whatever he's learned from the squat rack, he's also applied on the stage. "I think that my journey into health and fitness has taught me many things: prioritization, diligence in research, determination, dedication, discipline, perseverance, self-awareness, and mindfulness, among others," he says. "These attitudes permeated beyond the gym, into my study habits, my lifestyle, and my career as a musician."





### THE LEAN GAIN PROGRAM

To lose fat without sacrificing your muscle, exercise scientists Alan Aragon, M.S. and Lou Schuler recommend training 4.5 hours a week, made of a mix of three hours of strength and 1.5 hours of cardio at moderate intensities. At present, Palanca follows a similar program. "I do compound movements with heavy weight and low volume," he says. "If you lift heavy and don't eat as much, you'll retain your lean muscle mass."



### Monday

Deadlifts + Rows + Chin-ups + Overhead Press

### Wednesday

Bench Press + Inclined Bench Press + Tricep Extensions + Barbell Curls

### **Friday**

Squat Variations + Deadlift Variations + Seated Calf Raise + Cable Crunches

# How Snoring Can Cause a Car Crash

US Men's Health sleep medicine advisor W. Christopher Winter, M.D., explains how sawing wood leads to twisted metal

**BY K. ALEISHA FETTERS** 

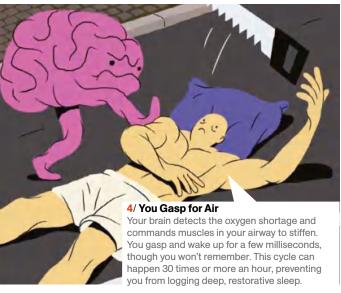


### 2/ You Start to Snore

If your neck is flabby (because you're flabby) or your soft palate, tongue, and throat muscles relax too much (because you've been drinking or taking sedatives), your airway can narrow and you'll start snoring. If it repeatedly closes up altogether, you have sleep apnea.









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Photo may vary from actual unit.

# **Rugged Sport**

Active wear makes a style-forward turn in the new **Tarru Light** by Lacoste. Inspired by cross-training gear and retro mid-cut sneakers, this revamped classic takes on the challenge of meshing utility with sophistication through tactile chambray padding on the collar and durable toe bumpers. Match this with a simple white tee and rolled up jeans, topped by a light windbreaker, for an elegant reference to sporty street wear.

